HEALTHY PEOPLE, HEALTHY PLANET
ISSUE 278 SEPTEMBER 2014
100% CANADIAN
SINCE 1982

common ground

FREE MAGAZINE

Everything is connected

Everything goes somewhere

There are always consequences

Mount Polley Mine tailings disaster

we all live downstream

THE BRAND NEW

one

BODY MIND SPIRIT
LOVE

ONE FOR ALL

The Brand New ONE is your only go-to channel for programs on **yoga, meditation, healthy living, organic cooking, spirituality, relationships,** and **love.**

ONE's experts will inspire you with practical ways to unlock your potential, take charge of your life, and **transform yourself into the person you always wanted to be!**

ON TV THIS FALL

CATCH A **FREE CHANNEL PREVIEW** ACROSS CANADA NOW
THERE'S NO OTHER CHANNEL LIKE IT!

ROGERS 265 | BELL 606 | OPTIK TV 349 | SHAW DIRECT 575 OR CHECK YOUR LOCAL LISTINGS

Ask your cable service provider how to subscribe
or visit **ONETV.CA**

PURE AND CLEAN NATURAL PROTEINS

KAIZEN

INSIDE FITNESS MAGAZINE BEST 2013

alive AWARDS 2013 GOLD

Kaizen Proteins Voted Consumers' Choice Fitness & Weight Management Products

YOUR NATURAL EVERYDAY PROTEIN
MIX IT, SHAKE IT, BLEND IT, BAKE IT

- A Premium Isolate/Concentrate Blend
- Perfect for Adding to Cereals & Baked Goods
- Sourced From Grass Fed Cows
- Growth Hormone and Antibiotic Free

VEGAN PROTEIN FROM 5 PLANT SOURCES
YELLOW PEA, RICE, HEMP, POTATO,& CHIA

- The Perfect Vegan or Vegetarian Protein
- 5500 mg of Branched Chain Amino Acids
- Tested for Herbicide & Pesticide Residue
- Tested for Heavy Metal Toxicity

NATURAL NEW ZEALAND WHEY PROTEIN ISOLATE

- Now Sweetened with Organic Stevia
- Cold Processed, Undenatured Whey
- Won't Cause Bloating or Gas
- Pure Whey Protein Isolate

NO ARTIFICIAL FLAVOURS
NO ARTIFICIAL SWEETENERS
NO ARTIFICIAL COLOURS

When you choose Kaizen® Natural Proteins you know 100% that we've tested all our proteins to ensure there are NO growth hormones, NO antibiotics, NO toxic heavy metals, and NO residual herbicides or pesticides. We're proudly MADE IN CANADA for Quality You Can Trust.

SAVE $5.00

off your next purchase of any Kaizen product when you spend $20.00 or more.

VALID IN CANADA ONLY
LIMIT ONE PER CUSTOMER

kaizencanada.com

EXPIRES OCTOBER 31st, 2014

To the Dealer/Retailer: Upon receipt of this coupon toward the purchase of the specified product, The Winning Combination will reimburse you the face value of the coupon plus regular handling. Application for redemption on any other basis may constitute fraud and will, at our option, void coupon presented. Applications for reimbursement accepted from principals only. Mail to: The Winning Combination, Box 3000, Saint John, N.B. E2L 4L3.

59100225

Find Kaizen Proteins at these fine retailers or for more information go to : **www.kaizencanada.com**

Loblaws · Real Canadian Superstore · GNC LIVE WELL · THRIFTY FOODS · save on foods · Rexall · Ambrosia · Healthy Planet · Sobeys

common ground

Publisher & Senior Editor - Joseph Roberts
Managing Editor - Sonya Weir
Advertising Sales - Janice Cain, Adam Sealey, Phil Watson
Design & Production - www.perubluesky.ca
Proofing - Cara Colceugh

Contributors:
Robert Alstead, Alan Cassels, Rod Marining, Bruce Mason, Mac McLaughlin, Vesanto Melina, Dr. Mercola, Elizabeth Murphy, Geoff Olson, Gwen Randall-Young, David Suzuki, Eckhart Tolle

Contact Common Ground:
Head office 604-733-2215
Toll-free 1-800-365-8897 Fax: 604-733-4415

Advertising: Adam Sealey
adam@commonground.ca
Phil Watson
philwatson.cg@gmail.com
direct line: 604-536-1198
Janice Cain
janice@commonground.ca

Editorial: editor@commonground.ca
datebook@commonground.ca
classifieds@commonground.ca

Common Ground Publishing Corp.
3152 West 8th Avenue
Vancouver, BC V6K 2C3 Canada

100% owned and operated by Canadians.
Published 12 times a year in Canada.

Publications Mail Agreement No. 40011171
Return undeliverable Canadian addresses to
Circulation Dept. 204-4381 Fraser St.
Vancouver, BC V5V 4G4
ISSN No. 0824-0698

Copies printed: 75,000
Over 250,000 readers per issue
Survey shows 3 to 4 readers/copy
Plus online at www.commonground.ca

Annual subscription is $75 (US$75) for one year (12 issues). Single issues are $6 (specify issue #). Payable by cheque, Visa, MasterCard, Interac or money order.

Printed on recycled paper with vegetable inks. All contents copyrighted. Written permission from the publisher is required to reproduce, quote, reprint, or copy any material from Common Ground. Opinions and views expressed in the articles do not necessarily reflect those of the publishers or advertisers. Common Ground Publishing Corp. neither endorses nor assumes any liability for any and all products or services advertised or within editorial content. Furthermore, health-related content is not intended as medical advice and in no way excludes the necessity of an opinion from a health professional. Advertisers are solely responsible for their claims.

www.commonground.ca

features

FEATURES

6 **3D vitamin D for depression, dementia and diabetes**
Dr. Mercola

8 **Is Health data mining the Next Big Thing?**
Alan Cassels

14 **Lit from within – the extraordinary story of Jacques Lusseyran**
Geoff Olson

18 **GMO Bites**
GM sweet corn sneaks into stores and farmers markets

22 **For word lovers**

24 **The Mount Polley mine disaster**
Rod Marining

35 **"Boom, Bust Boom" and the Mount Polley paradox**
Bruce Mason

38 **Vancouver City Hall conflicted**
Elizabeth Murphy

cover bear photo © Tony Campbell

columns

CULTURE

26 Welcome back VIFF
FILMS WORTH WATCHING
Robert Alstead

ENVIRONMENT

25 Join us on the Blue Dot Tour
SCIENCE MATTERS
David Suzuki

HEALTH

13 Plants and your health
NUTRISPEAK
Vesanto Melina

PSYCHOLOGY

23 Robin Williams as hero
UNIVERSE WITHIN
Gwen Randall-Young

SPIRITUALITY

21 Acceptance means peace
A NEW EARTH
Eckhart Tolle

16 NEW FOR YOUR HEALTH
20 STAR WISE
27 RESOURCE DIRECTORY
36 DATEBOOK
37 CLASSIFIED

In *The Closing Circle*, Barry Commoner included The Four Laws of Ecology. We have updated those laws on our cover to emphasize the worst mine tailings disaster in recent memory. Tailing dikes breaking on Christy Clark's watch is reminiscent of the New Orleans' dikes breaking under George Bush's watch. Who in government is really watching out for the well being of the people, rather than the corporations? Mining, like pipelines, coal ports and fracking have supplanted ecology, but this is the wake up call. We all live downstream. The front cover insert is from an aerial video by the Cariboo Regional District and you can see it at www.youtube.com/watch?v=M1YgX2jXnpA. There are more videos; just google Mount Polley Mine disaster.

DREAMHEALER

Dr. Adam McLeod, ND

October 5th - Vancouver

"Adam is becoming one of the world's most in-demand healers." - Rolling Stone Magazine

Early bird discount available for limited time.

All registration online at:

www.dreamhealer.com/workshop

Experience Self-Empowerment as Adam conducts two unique group healing sessions. Learn how to integrate powerful healing tools into your life.

by Dr. Mercola

3D Vitamin D for depression, dementia and diabetes

Vitamin D research has repeatedly shown that vitamin D can improve a number of brain disorders, including depression and dementia – the most devastating form of which is Alzheimer's disease.

Vitamin D receptors appear in a wide variety of brain tissue early in the fetal development and activated vitamin D receptors increase nerve growth in your brain. Researchers believe that optimal vitamin D levels may enhance the amount of important chemicals in your brain and protect brain cells by increasing the effectiveness of the glial cells in nursing damaged neurons back to health. Vitamin D may also exert some of its beneficial effects on your brain through its anti-inflammatory and immune-boosting properties.

Vitamin D deficiency drastically raises your risk for dementia

According to one recent study, seniors who have low vitamin D levels may double their risk of dementia and Alzheimer's disease. Specifically, compared to those with vitamin D levels in the normal range:

Those with low levels had a 53% increased risk for dementia and a 70% higher risk of Alzheimer's.

Severely deficient individuals had a 125% higher risk for dementia and 120% higher risk for Alzheimer's.

As noted by the authors, "This adds to the ongoing debate about the role of vitamin D in nonskeletal conditions."

The link between depression and dementia

Other recent research has found links between depression and dementia and between vitamin D deficiency and depression. One eight-year-long study from Rush University Medical Center found that higher levels of depression translated into greater risk for dementia later on. The severity of the depression was also linked to the speed of memory decline – the worse the depression, the faster the decline in memory. According to lead researcher Robert S. Wilson, "These findings are exciting because they suggest depression truly is a risk factor for dementia and if we can target and prevent or treat depression and causes of stress, we may have the potential to help people maintain their thinking and memory abilities into old age."

Studies point to the fact that low vitamin D levels also predispose you to depression so the links between vitamin D, dementia and depression indeed appear to be quite real.

In essence, vitamin D deficiency raises your risk of both depression and dementia so the fact that depressed individuals have a higher risk of dementia then becomes rather logical – but the root of the problem is likely to be a lack of vitamin D, not depression in and of itself.

Vitamin D deficiency predisposes you to depression

In one previous study, seniors with the lowest levels of vitamin D were found to be 11 times more prone to be depressed than those who had normal levels. More recent research was discussed in a *Times Online* article: "The Amsterdam research, which tracked over 1,200 people aged 65 to 95, showed that blood vitamin D levels were 14% lower in individuals with major and minor depression compared with non-depressed participants.

A study in the United States indicated that... people with vitamin D levels below 20 ng/mL had an 85% increased risk of depression compared to those with vitamin D levels greater than 30 ng/mL."

Vitamin D deficiency has long been associated with Seasonal Affective Disorder (SAD) and in 2007 researchers noted that vitamin D deficiency is associated with depression and fibromyalgia. A double-blind randomized trial published in 2008 also concluded, "It appears to be a relation between serum levels of 25(OH)D and symptoms of depression. Supplementation with high doses of vitamin D seems to ameliorate these symptoms indicating a possible causal relationship."

Vitamin D may reduce depression and diabetic pain

Vitamin D supplementation has been found to reduce both depression and diabetic pain. *continued p.32...*

Helping people attain optimum health.
cleanse • replenish • revitalize
Weighted Acu Hula Hoops®
BAREFOOTSCIENCE
Patented Insoles
Structured Water Units
Forever Alkaline Water Stick Purifier
Earthing Mat
EARTHING
The Real Champion of Juicers
GREEN STAR
Springless Mini Trampoline
bellicor
Kenrico Lifetime Ion Shower Head
ION SHOWER HEAD EX
Teeter Hang Ups
New Designer Series Blender
Blendtec
TRIANGLE Healing Products
250.370.1818 I 1.888.370.1818 I 770 Spruce Avenue, Victoria I www.trianglehealing.com
Who shops at Triangle? People who want to transform their health. Triangle Healing offers an amazing range of well-researched products that enhance well-being!

Resealable Package / Emballage refermable
Tear Here / Couper ici
EDEN ORGANIC
Wild Berry Mix
Mélange de fruits sauvages
DOUBLE ORGANICALLY GROWN CERTIFIED
Nuts, Seeds & Berries
Noix, graines et petits fruits
NET WT 113g 4 OZ

EDEN Snacks Good Food

The finest *nuts, seeds,* and *dried fruit* that can be found - Healthy protein, complex carbs, fats, and sugars.

EDEN Energizing and Pure. | edenfoods.com

©2014 Eden Foods 07204

Is health data mining the Next Big Thing?

What's getting buried may surprise you

British Columbia is indeed a wondrous, resource-rich place.

We've got oil. We've got minerals, trees, fish, and, of course, liquefied natural gas (LNG). We've got all kinds of natural resources here in BC to exploit. And exploit them we should because the revenue from selling resources funds our hospitals and schools, builds our roads and pays our teachers. But what if the biggest – and perhaps one of the cleverest and most unexploited resources – is right here under our noses and we're sitting on something that is of immense value to others, which we can sell at a great price?

These resources I'm referring to are not trees, fish or LNG but something closer to all our homes: health data. On its own, our personal health information – the electronic records of our diagnoses, doctor and hospital visits, lab reports, surgeries and drugs – is not much use to anyone except perhaps the person themself and their doctor. But grouped together with 4.6 million others in BC, those data are seen as an incredibly rich resource, worth perhaps billions to those who know how to exploit them.

BC's health records represent a vast repository of health and demographic data, which have been amassed over the last 40 years and stored in sophisticated data warehouses maintained by the BC Ministry of Health. That data could be used in a myriad of ways – analyzed, mined and dissected. With complex data linkage and computer processes, we can learn a lot about the effects of the drugs we use: if some are more likely to cause adverse effects as well as how screening, diagnostic procedures or surgeries affect patients.

Some people who have looked at BC's data mother lode are saying that this is a vast storehouse of information that has yet to be fully exploited and, by corollary, must be in order to improve patient outcomes, save money and create jobs. Lots and lots of jobs.

Who are the people saying this? We know those data are already being used to some extent by publicly-funded researchers and health system planners to manage health system resources. But why shouldn't we make those data easier to access by researchers, drug companies and other innovators – i.e. private enterprise eager to build and sell stuff – so that BC would be "uniquely positioned to become an international centre for excellence in the use of data to drive public and individual health innovation."

One of the key enthusiasts behind this drive is former BC health minister Colin Hansen, who recently opined in a *Vancouver Sun* article that we can save the BC health care system $2 billion if those data can be opened up and widely accessed by researchers. He, along with a handful of researchers, data gurus and business folks have come together to sign a "Data Effect Declaration," a manifesto of sorts urging the BC government "to move quickly to capitalize on our unique data assets." Along the way, of course, they will ensure individual privacy by 'stripping identifiers' and 'deidentifying' the data, a fact that is extremely controversial in itself.

But let's set that controversy aside for the moment and ask: "Is the greater use of BC's homegrown health data by private industry – read: the drug companies – the best way to build BC and Canada's competitive advantage in the global economy?" The supporters will say there is public support for using these data, but a recent public opinion survey said that BC residents were "less comfortable with releasing their data to private sector researchers."

Like most entrepreneurs, the Data Effect people use lots of soothing language and never really come out and say that the data are already being used, although not by private industry. But the argument they make is kinda interesting.

For example, Hansen says that bad reactions to drugs come with a "staggering cost" and *continued p.11 ...*

JOY of the MOUNTAINS
The Oregano Company
Digestive, Respiratory and Immune Support
Up to 4x More Effective Than Other Brands*
Best Herbal Product, Alive Awards Canada
Certified Organic Wildcrafted Oregano Oil
B.C. Family Owned And Operated
Oregano Is All We Do!
alive AWARDS consumers' choice 2013 GOLD
Your Guide to OIL OF OREGANO
Better Health for People & Pets
Tracy K. Gibbs, Ph.D.
JOY of the MOUNTAINS
Oil of Oregano
Huile d'origan
CAPSULES 90
Organic
Vegan
Non - GMO
Soy Free
Gluten Free
Chemical Free
joyofthemountains.com
Available in natural health food stores, select grocery stores and pharmacies.
*Reference: Anti-Influenza virus activities of commercial oregano oils and their carriers. Journal of Applied Pharmaceutical Science 2012; 02(07) 214-18.

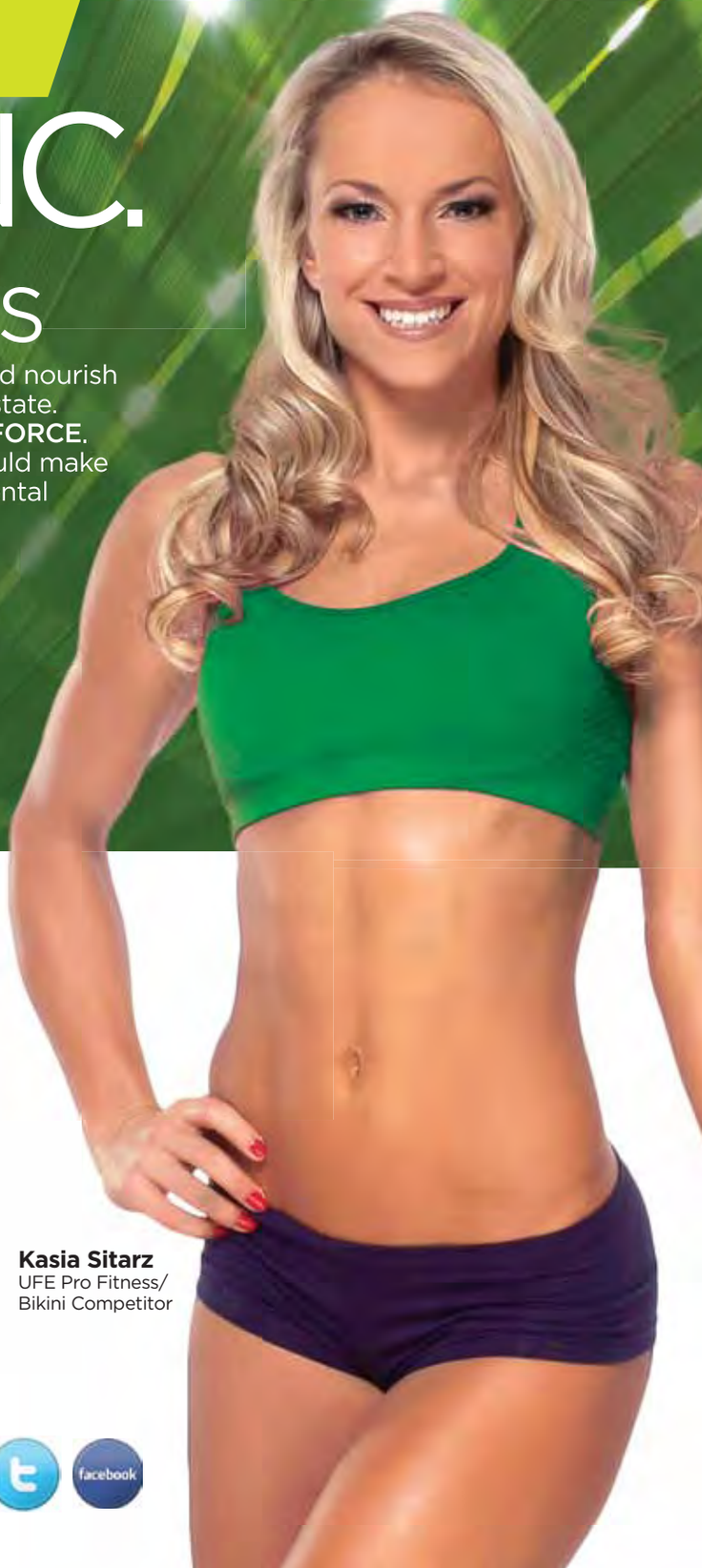
THE POWER OF NATURE

RAW ELEMENTS INC.

RAW FOOD SPECIALISTS

RAW Plant Nutrition is Powerful. It is based on the ideals that we should nourish ourselves with foods provided by Nature in its **ORIGINAL UNCOOKED** state. By improving our food choices we contribute to our bodies own **LIFE-FORCE.** Everyone wants to improve their health and we believe RAW foods should make up part of your diet. As we raise awareness we decrease the environmental impact on ourselves and our planet.

Eat between the lines.



Kasia Sitarz
UFE Pro Fitness/
Bikini Competitor

Canada's #1 Raw Food and Supplements distributor.
Call or email to find store locations near you.

1-866-848-2565 rawelements.ca

facebook

The Reconnection®

HEAL OTHERS, HEAL YOURSELF

Witness, Discover & Live Your Full Potential!

Recognized and supported by science, Reconnective Healing® is a return to an optimal state of balance. This powerful form of healing is something you can learn in just a matter of days.

- Learn the science and philosophy
- Learn self, distance, hands-on and hands-off healing
- Have a career as a *Reconnective Healing Foundational Practitioner™*

JOIN ERIC PEARL IN VANCOUVER, B.C. CANADA

RENAISSANCE VANCOUVER HARBOURSIDE HOTEL

17 OCTOBER 2014

FRIDAY • OCTOBER 17 • 6:30PM
The Essence of Healing™
presented by Eric Pearl

17-19 OCTOBER 2014

FRIDAY-SUNDAY • OCTOBER 17-19
Level I: The Essentials of Reconnective Healing Seminar™
taught by Eric Pearl & The Reconnection Teaching Team

20-21 OCTOBER 2014

MONDAY-TUESDAY • OCTOBER 20-21
Level II: Reconnective Healing Foundational Practitioner Program™
taught by Eric Pearl & The Reconnection Teaching Team

Sign up today and receive a special discount!
For a short time only.

REGISTER TODAY!

TheReconnection.com | info@TheReconnection.com
+1 323 960 0012

LOCAL CONTACTS

Sandra Jewell | jewellsandra@hotmail.com | +1 604 521 0469
Rebecca Girouard | bec.girouard@gmail.com | +1 250 642 0045

... ***Drug Bust*** *from p.8*

we here in BC "have the data buried away in our PharmaNet data and MSP data that could help more readily identify where problems exist." True nuff. But then he goes on to cite the absurd $2 billion savings, a number which has been extrapolated from a report by the American McKinsey Global Institute, which essentially said that opening data access in the US could save at least $300 billion a year in their health care system.

Subtracting about $100 billion for administrative costs – because we have a public health system – and then dividing the leftover $200 billion in savings by 10 (for BC's share) and voila: BC's $2 billion in annual savings. I'm afraid that Mr. Hansen's handlers made him look like a doofus. He more than anyone should know that, in healthcare, any expenditure is someone else's income. So who exactly is currently operating in our healthcare system that will willingly part with $2 billion of their income?

Would ripping open the data vault to private interests make our health care system more efficient? The alleged $2 billion in annual savings is in the same "doesn't pass the sniff test" category as the Premier's royal proclamations on BC's rich LNG future.

It's true that benefits to patients could be found if those data were used to determine how well we prescribe drugs in children, for a disease such as asthma. By mining the data, we find that better use of inhaled corticosteroids could mean fewer visits to doctors and emergency rooms. But what if the data show the opposite? That too much of an asthma medication leads to worse control, more hospitalizations and deaths? If your 'pharmaceutical partner' on that research project catches wind of the early results and realizes they'll blow a $500 million hole in their market, well, it's time to get out the shovels boys, because we got a little burying to do. Mining indeed.

Think I'm wrong? The current scandal around statins in the UK points to a lot of burying; evidence is arising that the adverse effects of this widely used class of drugs have been systematically buried because the manufacturers, in control of the data, ultimately decide what gets published. Despite recent claims on openness and transparency, when you've got the drug companies 'partnering' in the research, studies showing a drug is ineffective, useless or harmful are less likely to be funded, done, published or publicized.

So what do we want to do? Why not, as the Data Effect folks propose, open the doors to the drug industry, invite them in to be partners in our research and allow them, alongside public researchers, to buy our collective health data to do research? Will we get useful research out of that enterprise? Maybe. Will we get more drug-focused research that the drug companies will control, manipulate and bury? Likely. So the final question: Do we want even more of our health data used for research that will almost all focus on the alleged benefits of drugs, where the real questions that many doctors are most interested in – i.e. "Can this drug harm my patients?" – will not see the light of day? Is that what we want?

Those issues aren't being addressed in all the wheezing hype issued by the Data Effect guys, even as the business community piles on the hyperbole. They envision BC data as a catalyst to create some kind of biotech hub surrounding Apple's California headquarters or Redmond, Washington's Microsoft headquarters.

The promise of revenue, jobs and "benefits for British Columbians" sounds hopeful, but put me down in the naysayer camp on the Data Effect hype that promises oodles of dollars and jobs based on a model defying rationality, reality and common sense.

I want BC competing in the Global Economy, but the best way to do this is by keeping our data where they belong: in the hands of researchers that are there examining the data in the public interest where dangerous procedures can be more quickly identified and doctors warned, where hospitals are made safer and where visiting a pharmacy doesn't increasingly rely on biased information being fed to our doctors.

If anything, speeding-up data access for BC's public interest researchers should be a major priority. It may not make any money, but carefully analyzing our data can certainly work to keep us healthier. With good analytics and computing, we can use our collective data and dig for better answers. But we want to control the shovel, not sell it to the drug industry to mine what they like and forget the rest.

Alan Cassels is a pharmaceutical policy researcher in Victoria.

ACCESS CONSCIOUSNESS, AKASHIC RECORDS, ANCIENT WISDOM
the BODY SOUL + SPIRIT expo
VANCOUVER
PNE FORUM
OCT. 24-26
EXPLORE • EXPERIENCE • ENLIGHTEN • EVOLVE
Come discover one of Canada's most unique events, the Body Soul & Spirit Expo – where communities come together to celebrate life and explore all the options for living a happier, healthier, more conscious and successful lifestyle. From ancient wisdom, healing arts, awakening presences, embracing the raw food lifestyle, reducing your carbon footprint or discovering natural health – this show is an opportunity to connect and network with thousands of people. Exhibits, Lectures, Workshops, Concert and much more.
SASKATOON
SEPT. 26-28
PRAIRIELAND PARK
(403- Ruth St. W.)
VANCOUVER
OCT. 24-26
PNE FORUM
HASTINGS & RENFREW
EDMONTON
NOV. 14-16
ALBERTA AVAIATION CENTRE
KINSWAY & 114 AVE.
FREE PARKING
CALGARY
NOV. 21-23
GREY EAGLE EVENT CENTRE
3777, Grey Eagle Drive S.W.
Glenmore Trail & 37th St SW
Show Hour:
Fri, 3-9 Sat. 10-7 Sun. 11-6
/bodysoulspiritexpo
@BodySoulSpiritX
Hashtag: #BodySoulSpiritX
EXHIBITOR OPPORTUNITY
1-877-560-6830
3 DAYS OF INSPIRING EXHIBITS LECTURE, WORKSHOPS AND EVENTS INCLUDING...
LYNN ANDREWS
New York Best Selling Author "The Medicine Woman Series" presents Ancient Wisdom for Modern Times.
LynnAndrews.info
ANTHONY STEPHAN
Nutraceutical Breakthought!
"When they open the history book ten years from now, it will talk about how mental illness was found to be nothing more than a nutrient deficiency disorder."
Dr .LINDA BACKMAN
Learn how Past Life Exploration Evolves the Soul with Best-Selling Author, Past Life Regression Expert, Researcher & Therapist
PastLivesWorkshop.com
www.BodySoulSpiritExpo.com
1-877-560-6830
HOLISTIC NUTRITION, INTUITIVE ARTS , READINGS, JIN SHIN DO, COACHING
IRIDOLOGY, LIGHT WORKERS, MEDITATION, NATURAL HEALING, ORTHOTICS, WHOLE FOODS, REFLEXOLOGY, REIKI, SUSTAINABILITY, SHAMANIC HEALING, SPIRITUAL HEALING, YOGA
AROMATHERAPY, ASTROLOGY, BODYTALK, CHAKRA THERAPY, CONSCIOUSNESS, EMOTIONAL FREEDOM TECHNIQUE (EFT), ENERGY MEDICINE, FENG SHUI, FITNESS, GLUTEN FREE PRODUCTS, GREEN LIVING

TODAY'S WORLD THROWS A LOT AT YOU... health hazards such as pollution, chemicals and toxins – all affecting your best efforts to stay healthy.

Support, protect and optimize your body with the superfood power of pure, unfiltered and clean nutrition of greens+.

greens+ CAMPAIGN FOR CLEAN NUTRITION

Switch to greens+ and save on the complete line of greens+ products during September and October.

Follow us and join the Clean Nutrition Movement.

For more information visit us at
genuinehealth.com/cleannutrition

GENUINE HEALTH IS POSSIBLE | Certified B Corporation | PROUDLY CANADIAN

Our Total Quality Obligation guarantees your satisfaction – or your money back.

Nutrispeak Vesanto Melina, MS, RD

Plants and your health

Recent research confirms that shifting our diet to include more plant-based foods will reduce our risk of chronic disease and even reverse existing disease. According to the Centers for Disease Control and the World Health Organization (WHO), diet and lifestyle diseases are responsible for approximately 70% of deaths in the Western world and about 63% of deaths worldwide. An estimated 90% of type 2 diabetes and heart disease and 70% of cancers are considered entirely preventable.

The four big lifestyle culprits are an unhealthy diet, physical inactivity, alcohol consumption and smoking. The WHO recommends we eat more fruit, vegetables, legumes, nuts and grains; cut down on salt, sugar and fats; choose unsaturated fats instead of saturated fats and eliminate trans-fatty acids.

Several huge studies, including the Adventist Health Study-2 (AHS-2) – with over 96,000 North Americans – and the EPIC-Oxford Study – 65,000 participants in the UK – have tracked health conscious individuals for decades to determine links between diet, disease and mortality. Here is a sampling of their findings:

We can "turn on" disease preventing genes and "turn off" disease promoting genes.

Longevity: Compared with similar health conscious non-vegetarians, mortality rates were reduced by 15% for vegans – as much as 28% for vegan men – and by 9% for lacto-ovo vegetarians who consume dairy and eggs. In study after study, consumption of red meat – beef, pork, lamb – is linked with higher death rates from cardiovascular disease (CVD), type 2 diabetes and various cancers. And processed meat – ham, bacon, corned beef – has a greater effect on shortening one's life span.

Through changing our lifestyle, we can actually alter our genes, which is much more profound than the superficial effect of popping a pill. For example, we can "turn on" disease preventing genes and "turn off" disease promoting genes. Recent studies have shown we can increase, by 30%, the enzyme "telomerase" that lengthens telomeres – protein complexes at the ends of chromosomes that influence longevity. Shortened telomeres are associated with aging and diseases such as CVD, cancer, diabetes and dementia.

Heart disease: The EPIC-Oxford Study found vegetarians to be 28% less likely to develop heart disease than health conscious meat eaters. A meta-analysis of seven big studies found similar results. AHS-2 found rates to be particularly low in vegan men.

Hypertension: The AHS-2 study found hypertension to be 63% lower in vegans and 43% lower in lacto-ovo vegetarians, compared with non-vegetarians.

Cancer: The EPIC-Oxford study found vegans to be 19% less likely and lacto-ovo vegetarians 11% less likely to develop cancer than health conscious meat eaters. AHS-2 results were quite similar. In both studies, risk was particularly low for men on plant-based diets.

Diabetes: Risk of type 2 diabetes was reduced by 62% for vegans and 32% for lacto-ovo vegetarians, compared with non-vegetarians. (AHS-2)

Why veg? The health advantages of shifting to a plant-based diet include less obesity, lower total and LDL cholesterol and triglycerides, less inflammation, reduced DNA damage, inhibition of cancer cell growth, lower levels of IGF-1 and toxic metabolites, a favourable change in gut microflora – bacteria – and improved antioxidant status.

For a plethora of solid research, topped with a good sprinkling of humour, watch physician Michael Greger's Youtube clip at http://nutritionfacts.org/video/from-table-to-able

Vesanto Melina is co-author of the just released Becoming Vegan: Comprehensive Edition (for health professionals) and the award winning Becoming Vegan: Express Edition. For consultations, call 604-882-6782. www.becomingvegan.ca, www.nutrispeak.com

Train for a **Career** as a **Certified Nutritional Practitioner!**

Earn a Diploma in Applied Holistic Nutrition

The Institute of Holistic Nutrition

"The industry leader in training nutrition professionals"

vancouver@instituteofholisticnutrition.com

- Achieve the accreditation of a Certified Nutritional Practitioner (CNP)
- Professional Co-Op Placement
- Full & Part-time programs
- Fully qualify for the professional designation of Registered Orthomolecular Health Practitioner (ROHP/RNCP)

Next Semester Begins January 2015

For course inquiries & appointments, please call: (604) 558-4000

604 West Broadway Suite #300, Vancouver BC

Conveniently located just one block west of the Cambie and Broadway sky-train station!

www.instituteofholisticnutrition.com

Lit from within

The extraordinary story of Jacques Lusseyran

by Geoff Olson

They told me that to be blind meant not to see. Yet how was I to believe them when I saw?
– Jacques Lusseyran

Of all the exceptional figures of the 20th century, Jacques Lusseyran is among the least known. Thankfully, there's an antidote available in the reissued edition of his 1963 memoir, *And There Was Light: The Extraordinary Memoir of a Blind Hero of the French Resistance in World War II*.

Lusseyran was born in the fall of 1924, in the Montmartre neighbourhood of Paris. A product of the French "*petite bourgeoisie*" – what we now call the upper middle-class – he was raised by what he called "ideal parents." He was mothered without being smothered, guided without being goaded.

"That was the joy of my childhood, the magic armour which, once put on, protects for a lifetime," the author wrote in his memoir.

Before a schoolroom accident took his eyesight, young Jacques was always in motion. He recalled constantly running through the streets and alleyways, even attempting to outrace light itself.

"Whenever I ran across the *Champ de Mars* I was still chasing light. I was just about to jump into it, with my feet together, at the end of the path; to catch hold of it as you catch a butterfly over the pond; to lie down with it in the grass or on the sand. Nothing else in nature, not even the sounds to which I listened so attentively, was as precious to me as light."

In his adult years, he had little memory of his parents' three-bedroom apartment, except for the balcony. He remembered leaning on the railing to watch "the light flowing over the surface of the houses" and through the tunnels and archways of the streets to the right and left.

"Radiance multiplied, reflected itself from one window to the next, from a fragment of wall to cloud above. It entered into me, became part of me. I was eating sun."

His peculiar kinship with light did not cease when night fell. Darkness was "light at a slower pace. In other words, nothing in the world, not even what I saw inside myself with closed eyelids, was outside this great miracle of light."

One day, the Lusseyrans took their seven-year-old son for Easter holidays to a small village where his maternal grandparents lived. When it came time to leave, the boy could not be found. He was sitting in the garden, crying, gripped by a certainty he was seeing "sunlight on the paths, the two great box trees, the grape arbor, the rows of tomatoes, cucumbers and beans, all the familiar sights which had peopled my eyes... for the last time."

> I was aware of a radiance emanating from a place I knew nothing about, a place which might as well have been outside me as within. But radiance was there, or, to put it more precisely, light.

The accident happened three weeks later. A fellow schoolboy ran into Jacques from behind, sending him falling toward a teacher's desk. His head contacted a sharp wooden corner, breaking his glasses and rendering Jacques unconscious. One eye was lost and the other had a detached retina. The next morning doctors operated, rendering him completely blind.

Lusseyran was retrospectively thankful the accident happened while he was still young and adaptable. Within a month, he was walking again, with the guidance of his parents. In another month, he began to read in braille.

The eight year-old discovered blindness was not at all as he imagined it. For days after the accident, he tried to see in the normal way, outward with focused intent, but there was only the anguish of a black void. But then he realized he was looking "too far off and on the surface of things." He began to look more closely, "not at things, but at a world closer to myself, looking from an inner place to one further within, instead of clinging to the movement of sight toward the world outside.

"Immediately, the substance of the universe drew together, redefined and peopled itself anew. I was aware of a radiance emanating from a place I knew nothing about, a place which might as well have been outside me as within. But radiance was there, or, to put it more precisely, light. It was a fact, for light was there."

"I found light and joy at the same moment and I can say without hesitation that from that time on, light and joy have never been separated in my experience. I have had them or lost them together.

"A light so continuous and so intense was so far beyond my comprehension that I sometimes doubted it," the author recalled. He could perceive light streaming through the foliage of plants of trees or emanating from people. This is not to say the radiance was constant. If he was angry or afraid, the light withdrew, leaving darkness it its place. If he was playing games with friends and he "suddenly grew anxious to win, to be first at all costs," then all at once he could see nothing.

Calmness and serenity brought his companion back. When young Jacques approached people with confidence and thought well of them, he was "rewarded with light."

In time, the boy found he could successfully navigate about the family home – an unremarkable skill repeated by many blind people through kinaesthetic memory. But, as he claimed, he could also point out objects on the horizon of places he had never visited before, to the point of being able to identify trees along a country road by height.

His inner radiance did not mirror the outer world with photorealistic precision, however. On hikes into forests, Lusseyran's best friend Jean kept a hand on his shoulder to indicate where he should turn, to avoid tree roots, large rocks and sudden drops.

As for people, they came into Lusseyran's field of "vision" as various shades of colour, expressive of their character. The summer after his accident, his parents took him to the seaside where he made friends with an eight-year-old girl. "She came into my world like a great red star or perhaps more like a ripe cherry. The only thing I knew for sure was that she was bright and red."

What to make of this? Was it some unique form of

synesthesia? The author offers no explanation other than mentioning the French author Jules Romains, who wrote about "extra-retinal vision," the alleged ability to perceive colours, images or text through some sensory modality involving the surface of the skin, rather than the eyes. In any case, Jacques told only his closest friends about his "secret."

The adolescent Parisian achieved first-class grades through his mastery of reading and writing in braille. But a storm was building on the horizon of France and the thunder came through on the Lusseyran family's radio. Alarmed by the rise of Hitler's Third Reich, young Jacques spent several years teaching himself German. His first intimations of "outer darkness" came through listening to the broadcasts on Radio Vienna.

France fell to the Nazis in 1940. Any blind schoolboy was above suspicion of subversive activity during the German occupation of Paris, an advantage exploited by the teenage Lusseyran. At the age of 17, he and his closest friends began to organize a local Resistance movement called The Volunteers of Liberty. The teenager became head of recruitment, thanks to his gift of accurately reading character through pitch variations in people's voices. He approved the would-be underground resisters, while weeding out potential traitors and spies.

At great risk, he and his young friends began to covertly print a newspaper detailing Nazi atrocities and distributed copies across Paris in the middle of the night. But eventually the circle's luck ran out. On July 20, 1943, Lusseyran was arrested by the Gestapo. He and 52 friends in his young circle of resisters were sent to Buchenwald concentration camp – the infamous death mill for non-Jewish prisoners of the Nazis. Joining the boys in the cattle cars were several thousand other prisoners from across France.

"We had no rank, no dignity, no fortune left… and no face to save. Every man was cut down to himself to what he really was," Lusseyran wrote in his memoir.

"The camp was the witches' well. They had thrown them all in there together, the Benedictine monk, the Kirghiz shepherd who prayed to Allah three times a day with his face to the ground, the professor from the Sorbonne, the mayor of Warsaw, the Spanish smuggler, the men who had killed their mothers or raped their daughters… the wise one and the fools, the heroes and the cowards, the good and the evil. The only thing was… and you had to get used to it… all these categories were dead and gone, for we had passed over into a different world."

You can read the account of Lusseyran's time in Buchenwald in the *New World Library* edition of his moving memoir. Suffice it to say that the author's fierce will to live fused with his joyous sensation of an inner light. There is no way of knowing whether it was his remarkable faculty, his status as a healing presence among other prisoners or just blind luck that allowed him to survive in the camp. In Lusseyran's telling, of the several thousand resistance fighters who went to Buchenwald, only 30 survived.

The blind hero of the French resistance went on to teach literature in the United States. He died together with his third wife Marie in a car accident in France in 1971.

"Joy does not come from outside, for whatever happens to us it is within," Lusseyran concludes in his memoir. "The second truth is that light does not come to us from without. Light is in us, even if we have no eyes."

www.geoffolson.com

MENTAL HEALTH
the way Nature intended!
Using our proprietary Apex Biosynthesis Chelation Technology, EMP is able to deliver the proper balance of nutrients to all areas of your body, especially the brain, helping you to become your best self through effective nutrition.
Find it at a local health food retailer near you!
EMP
Apex Biosynthesis
For more information visit truehopeemp.com or call 1-866-397-3121
TRUEHOPE

The Institute of Holistic Nutrition
"The Industry leader in training nutrition professionals"
OPEN HOUSE 2014
Relax, Enjoy Refreshments & Attend Complimentary Lectures
SATURDAY NOV. 15th | Vancouver Campus 604-558-4000 | 10:00am - 3:30pm
604 West Broadway, Suite 300 (one block west of the Cambie & Broadway skytrain station)
10:00 – 11:30 am Ayurveda: Mind/Body Healing:
Ayurveda in Everyday Life
With Matthew Gindin, Ayurvedic Counsellor
12:00 – 1:30 pm Nutritional Pathology:
Brain Medicine: Boosting brainpower to give you the cognitive edge
With Dr. Jason Marr, ND
2:00 – 3:30 pm Herbal Medicine:
Pain Management & Herbal Medicine
With Dr. Marisa Marciano, ND
• Info on Course / Curriculum & Career Opportunities
• Natural Health Exhibit & Holistic Food Samples
• Live Blood Cell Microscopy Sessions
• Iridology Sessions
• Book Sale
• Win Door Prizes
View Lecture Descriptions at:
www.instituteofholisticnutrition.com

HeddWyn Essentials

THE GOLD STANDARD

New Radiance Tamanu Oil
Problem Skin? Nature Provides

Wild Oil of Oregano
"Let food be thy medicine,"
Hippocrates

Available at Fine Health Food Stores www.wildoiloforegano.com / www.wildtamanuoil.com

New!
Fresh Face

100% Plant-based
Facial Creme

With Tamanu and
Sea Buckthorn Berry

Repairs and
Rejuvenates your Skin

Acupuncture & Oriental Medicine | Holistic Nutrition | Western Herbal Medicine | Holistic Doula

www.pacificrimcollege.ca

PACIFIC RIM
COLLEGE

SALLY FALLON
PRESENTS LIVE IN VICTORIA

NOURISHING TRADITIONS
October 4-5, 9am-5pm
author of best-selling book *Nourishing Traditions*
founding president of Weston A Price Foundation

Tickets and info available online.

Market Square, Victoria, BC
www.pacificrimcollege.ca

New for Your Health

Healing Yoga TV series offers real relief for real people

Do you suffer from chronic pain? Do you seek relief from symptoms of arthritis, diabetes, insomnia or osteoporosis? If your answer is "Yes," the new TV series *Healing Yoga* is for you. In each episode, certified yoga instructor Deborah Devine leads an easy-to-follow, gentle yoga class designed to give real people, with real conditions, real relief. Daily on "The Brand New ONE" at 3:30AM & 5AM PT and 3PM & 4:30PM PT. Optik 349 Shaw 575 Bell 606. More at **onetv.ca**

Herbal relief for anxiety and insomnia

Vitality Relax+ blends gentle, traditional herbs to help relieve anxiety, calm muscles and support a restful sleep. All levels of health – mental, emotional, physical – are influenced by the condition of the nervous system. Vitality Relax+ provides fast support to the body and helps ease anxiety and supports sleep at night. Relax+ combines valerian, passionflower and cramp bark to support your body naturally. Non-habit forming; non-GMO; made in BC. **888-855-7776**, **www.vitality.ca**

Reishi for health

A powerful new line of Dual Extracted Mushroom powders are now available from the Harmonic Arts Botanical Dispensary. Extracted in both alcohol and hot water, they are then evaporated down and re-powdered, making them extremely potent and instantly absorbable in water, tea, smoothies, food and much more. This new line includes, Reishi, Cordyceps, Chaga and Lion's Mane. For more info, please check us out at **www.harmonicarts.ca** or call **250-400-4044**.

All-natural Italian Biscotti

DiBella Baking Company produces an authentic line of DiBella® brand Italian biscotti cookies that are an indulgent healthy treat at an affordable price. Each cookie is made with best kosher, all-natural ingredients. NO GMOs. Quality ingredients and unique flavours have proven to be an irresistible combination. Indulge yourself with a DiBella® Italian biscotti and discover the passion their family has been known for since the late 1800s. **www.dibellafamiglia.com**

Would you trust a **mouse** with your **detox?**

Unlike most detox products, **LiverCare®** has been clinically proven to support detox parameters in the blood and overall liver function **with humans, not rodents**. In fact, the results were so impressive they were published in the **Journal of Gastroenterology.***

Don't mouse around, demand LiverCare®!

IN STORE COUPON

SAVE $2.00

On LiverCare 90 ct. or 180 ct.

• Coupon expires October 31, 2014 •

Distributed in Canada by Peak Performance Products Inc.
1-877-833-7325 • www.pppinc.ca • info@pppinc.ca

GMO Bites

GM sweet corn sneaks into stores and farmers markets

Genetically modified – GM, also called genetically engineered – sweet corn is being sold in some grocery stores, roadside stands and farmers markets across Canada. GM foods are not labelled and there are no public statistics to tell us how much GM sweet corn is being grown in Canada.

Field corn, sweet corn and popcorn

Sweet corn: For over a decade, Syngenta sold some GM sweet corn in Canada, but in 2012 Monsanto also started selling GM sweet corn for the first time.

Field corn: According to the industry, over 80% of field (grain) corn – for processed food ingredients, animal feed, and biofuels – in Canada is GM.

Popcorn: There is no GM popcorn on the market.

GM sweet corn

Any colour sweet corn could be GM: There are some GM varieties of yellow, white and two-colour (bicolour) sweet corn on the market.

The GM sweet corn on the market is genetically modified to be toxic to insects (insect resistant) or to be tolerant to brand name herbicides (herbicide tolerant). Most GM sweet corn has both of these GM traits together.

Monsanto's GM sweet corn

Monsanto sells what it calls Seminis Performance Series sweet corn. Seminis is the name of the vegetable-seed company that Monsanto now owns. Monsanto has put GM traits into three varieties (hybrids) of sweet corn and now markets GM versions of "Obsession," "Passion" and "Temptation" sweet corn varieties. The GM versions are called "Obsession II," "Passion II" and "Temptation II." Monsanto's GM sweet corn is insect resistant – it produces three different Bt toxins to kill a wide range of insects – and also herbicide tolerant (Roundup Ready) to survive sprayings of the company's glyphosate Roundup herbicide.

Syngenta's GM sweet corn

The company Syngenta sells "Attribute" sweet corn varieties that are insect resistant and "Attribute II" sweet corn varieties that are both insect resistant and tolerant to Bayer's Liberty glufosinate herbicide.

Take action

Ask your farmer at the roadside, farm gate or farmers' markets if they are selling GM sweet corn. You can even ask the Farmers Market to check for you.

Write to the head office of your grocery store and ask them to remove GM sweet corn from their store. Tell them you don't want to buy it.

Buy organic sweet corn – organic farming prohibits GM seeds and synthetic pesticides.

Questions to ask your farmer

Farmers may not be aware that they have bought GM sweet corn; seed catalogues do not always advertise seeds as "genetically modified." You can use some of these questions to have a discussion with your farmer:

- Is your sweet corn genetically modified (engineered)?
- Is it "insect protected?" (This is how insect resistant GM corn is described in seed catalogues).
- Is it herbicide tolerant? Did you use Roundup or Liberty on your corn? Is it LibertyLink or Roundup Ready?
- Did you sign a Technology Stewardship Agreement for this sweet corn?
- What is the variety of sweet corn you planted?
- What company makes this sweet corn?
- What company or seed dealer did you buy from?

Please share your results. If you get partial information from your farmer or grocery store and would like to check it or discuss it, please contact coordinator@cban.ca or call CBAN's coordinator Lucy Sharratt at 613-241-2267, ext 25. Your actions as consumers are very influential. Talk to your local farmer and write to your grocery store.

Source: www.cban.ca

P2P PASTURE TO PLATE
PEOPLE ◦ ANIMALS ◦ HEALTHY SOILS

1420 Commercial Drive,
Vancouver
604 215 0050

MEAT
AS IT OUGHT TO BE
– CERTIFIED ORGANIC
– CERTIFIED DEMETER CANADA
– GRASSFED
– RESPECTFULLY HARVESTED
– DRY AGED
– 100% BC

pasturetoplate.ca

The book that spells GREEN in a Fun New Way!

"How clever & beautiful." "Magical."
"Love your illustrations, they come alive."
"We enjoyed the rhymed verse so much."
"You cracked the Green Code."

Gratefully Going GREEN enjoyed at Vancouver's 2014 BIL Conference, can now be yours to See, Read and to Eco-Econo Download at ...

www.gratefullygoinggreen.com

Real Raw Food
Distributor of Organically Grown Truly Raw Foods

WHOLESALE TO EVERYONE

Pure unheated, unpasteurized, non-GMO, gluten-free nuts, seeds, dried fruit, cacao, coconut oil & sugar, spirulina, maca, chia, vanilla, honey & more...

www.realrawfood.com

Call 250-496-5215 • Naramata, BC

Tired of Sore Painful Joints?

Get Joint Grease®

STOP JOINT PAIN NOW!

Get fast acting all natural relief for stiff sore joints and start the joint healing process for permanent long term results with Joint Grease®!

- 100% Safe all natural joint pain formula
- Helps reduce pain in a little as 2 days
- Over $40 Million in research conducted
- Supports total joint rehabilitation
- Gives you a chance to live life again!

1000's of people across Canada have already started living life PAIN FREE!

You deserve PAIN FREE JOINTS too!

My fingers are much more flexible. Great improvement in my neck and knee pain has almost disappeared since taking Joint Grease®.
Donald T - Rosalind T Alberta

I put Joint Grease® to the test, and my knees and ankle joints are free of pain. I am 85 and absolutely delighted to have found Joint Grease®.
Lohse W - Dungannon Ontario

My joints have greatly improved. No more pain, Can walk freely again. I recommend Joint Grease® to anyone who has joint problems
Harold H - Mayerthorpe, Alberta

I have used Joint Grease® for about six months and it does wonders for me. I can move easier with hardly any pain. It really does help.
Hans P - Barrhead Alberta

Go to www.jointgrease.com to get your FREE COPY of The Ultimate Joint Pain Solution + a $5.00 Coupon!

With Pain Reduction Insights from Dr. John Gannage & Dr. Alwyn Wong

It doesn't matter how long you've been in pain, Joint Grease® can help. Joint Grease® is not like other products. It has been clinically tested by **REAL DOCTORS** and researchers on **REAL PEOPLE** in pain **JUST LIKE YOU.**

You deserve to live your life PAIN FREE.
Every day without Joint Grease® is a day in pain.
Start Joint Grease® Today!

www.jointgrease.com

Available at these Canadian retailers: Loblaws, Shoppers Drug Mart, Superstore, Value Drug Mart

Mac McLaughlin

StarWise

September 2014

EVENT-PREDICTIVE, fatalistic astrology is very much on the way out and a new age of astrology is birthing. It will grow in consciousness as we move ever closer to the Golden Age. According to the true mystics, our grandchildren and their descendants will be the first to witness the advent of the golden age, in which truth and love will be the common commodities people live by. Presently, this does not seem probable or even possible given the state of the human condition with wars and hatred dominating the news every day. Yet the great saints and sages of India have made this prediction and when illuminated souls like Sant Sawan Singh Ji Maharaj and Param Sant Kirpal Singh Ji Maharaj make these statements, you better believe they are the truth. These saints were not common men by any measure; they were saints of the highest order.

We can teach our children that the stars and planets can assist greatly in helping us to understand our behaviour. We currently look at Mars as a planet of war, anger and aggression. The modern day astrologers council that it is okay to get angry and that it will feel good to seek revenge, if only in thought. This is very misguided information and if we teach our children to fight and lash out, we will not get anywhere except further into karmic debt and bondage. We can teach them that Mars offers the opportunity to show true valour by acts of chivalry, kindness and forgiveness. To forgive one's enemies and to love them takes great courage and bravery and it is the only cure for our ills. Acts of aggression and anger just ferment more action/reaction situations ad infinitum. When we begin to show some true humility and compassion, our world begins to change and kindness and compassion grows within our enemies.

Venus is the traditional planet of love, creativity, artistic expression and all matters of sensuality and sexuality. Unfortunately, we have taken the sacred act of procreation and turned it into recreation and all that it has brought us is a mountain of suffering and disease. When we look at Venus through the lens of spirituality, a unique picture comes into focus. When we're through courting and child-making, we can transform that love into a higher form of loving devotion to the principles of service, kindness and caring for all of God's creation and all living creatures. When we do this, our world will change into something quite beautiful as it was initially destined to be.

Mac McLaughlin has been a practising, professional astrologer for more than four decades. His popular **Straight Stars** column ran in Vancouver's largest weekly newspaper for 11 years. Email mac@macsstars.com or call 604-731-1109.

1-Year Shamanic Training Program
Institute of Shamanic Medicine
Shamanic Power Initiations Program
Free Information Evening and Experience!
RSVP to info@shamanicmedicine.ca
Final Open Houses in Vancouver & Calgary before the Shamanic Program begins:
Vancouver
Sept 11, 7:30pm & Oct TBA
Calgary
Sept 17 & 23, 7:30pm
www.shamanicmedicine.ca

ARIES Mar 21 - Apr 19

You are the first born of the zodiac, endowed with gifts of innovativeness and originality. Now, more than ever, it is the time to stay original. Don't give in to conformity or tradition. You will be guided and like Jason and the Argonauts, you will eventually find the golden fleece. Stay true to yourself.

TAURUS Apr 20 - May 21

Mars and Saturn are moving though your opposite sign Scorpio. These two are known to cause grief and suffering, malice and avarice. On the other hand, these planets can teach you the opposite energies of kindness and generosity if you choose to work with them from a spiritual perspective. The energy lightens up mid-month.

GEMINI May 22 - Jun 20

The full Moon on September 8 will help illuminate home and career perspectives. Activity and effort increase mid-month and onwards as all kinds of challenges and opportunities materialize. Relationships of all sorts become the dominant feature as you head towards October. You won't be lost for words and creativity levels are at their best.

CANCER Jun 21 - Jul 22

Change is the name of the game and it will be that way for quite a while. Family is always a big thing for Cancer types and now the meaning of love, family and devotion increases and deepens. Your earning potential is very good. Venture out there and see what you can stir up.

LEO Jul 23 - Aug 22

Travel opportunities materialize to your surprise. A time has arrived in which you can grow in many ways. Your timing is good and others respect your integrity and honesty. You may be challenged and tempted in all kinds of ways and it will serve you well to do the right thing and show some true leadership.

VIRGO Aug 23 - Sep 22

The full Moon on September 8 will bring home all kinds of revelations. Pay attention to your dreams at this time as they may carry a high degree of creativity. Love is a strong factor now and make sure that you have your facts straight regarding other people's motives as you could be misled.

LIBRA Sep 23 - Oct 22

The Libra new Moon on September 23 heralds a new start in a new direction. All of September will be a busy and demanding time and you may not mind. Excitement and action rule the days and it will be that way throughout October as well. Mix and mingle and share with your family and friends.

SCORPIO Oct 23 - Nov 21

Mars and Saturn combine their powerful energies in your sign bringing strength, courage and the determination to get things done and move towards your goals. Saturn teaches you to live with less and Mars gives you the courage to do so. Sometimes less is more and I'm sure that you will figure this riddle out.

SAGITTARIUS Nov 22 - Dec 21

Home, family and career topics are the focus now. Lord Jupiter casts fine energy and may bring an increase in travel and a yearning for a more meaningful spiritual existence. Mars has an influence starting mid-month and he ups the ante and brings on the heat and competition, which you may relish and enjoy.

CAPRICORN Dec 22 - Jan 19

Capricorn, ruled by Saturn, always brings on a devotional and serious demeanour. You may be feeling the urge to delve deeper and deeper into the mysteries of spirituality and the higher realms of consciousness. Inheritances and joint monies figure into the play over the next several months. A spiritual inheritance possibly manifests now.

AQUARIUS Jan 20 - Feb 19

Jupiter casts a fine glance from your solar house of relationships and partnerships. It may be time to think more seriously regarding this matter. Your career opportunities and objectives are shifting and you might be uncomfortable. Keep eliminating what is unnecessary and outdated. Present-day frustrations and limitations help lead you to emancipation and freedom.

PISCES Feb 20 - Mar 20

The full Moon on September 8 brings illumination to your situation. Love and creativity are strong features now. Your career sector is heating up and soon you may be in demand and possibly very busy. Wisdom is slowly carved into your soul and will serve you well for the rest of your days.

Just now

an interview with Eckhart Tolle

To read Eckhart Tolle's latest column, please see the current print edition of Common Ground. For copyright reasons, we are authorized to publish this column in our print version only.

JR: In your new book, I feel like you're the modern equivalent of the explorers that came to the new world, but an explorer and documenter of consciousness, discovering a new world.

ET: Yes, discovering is the right word. It's not that you need to make a great effort to attain it or bring it about or acquire it. It's discovering it's already there in you – conscious awareness that's obscured, or partially obscured, in many people. It's a discovery of something already there.

It's like waking up after a dream, because identification with the thinking mind and its stories and the old emotional conditioning is like being immersed in a kind of dream world, which very often turns into a nightmare – acting out old conditioned patterns again and again. The whole structure of the egoic mind is an old dysfunction.

There's some evidence that the ego started about 6,000 years ago, but nobody can say for sure. Before that, humans were in a state of innocence. When we go beyond the dysfunction of the ego, we regain our original innocence, but on a much deeper level. This is why Jesus said unless we become as little children we cannot enter the kingdom of heaven.

So, returning to the original innocence, and at the same time going much deeper into that with full awareness – that's the process. We're coming out of thousands of years of dreadful suffering, almost the whole of recorded history of humanity. If you really look at it in an unbiased way, as if you'd never seen it before, one cannot but admit that, to a large extent, 80 to 90 percent of it is a history of pathological insanity, the suffering that humans have created for themselves and, of course, inflicting it upon others.

JR: And exporting it through colonization to the new world.

ET: Yes, so the important part of the awakening process is the realization of the insanity in human history, collectively, to this day playing itself out in world events. Also, to be aware of the insanity within oneself – old, dysfunctional patterns that come again and again that create suffering. So when you see that you're insane, then you're not completely insane. Sanity comes the moment you realize the fact of insanity. To see insanity is not a negative thing.

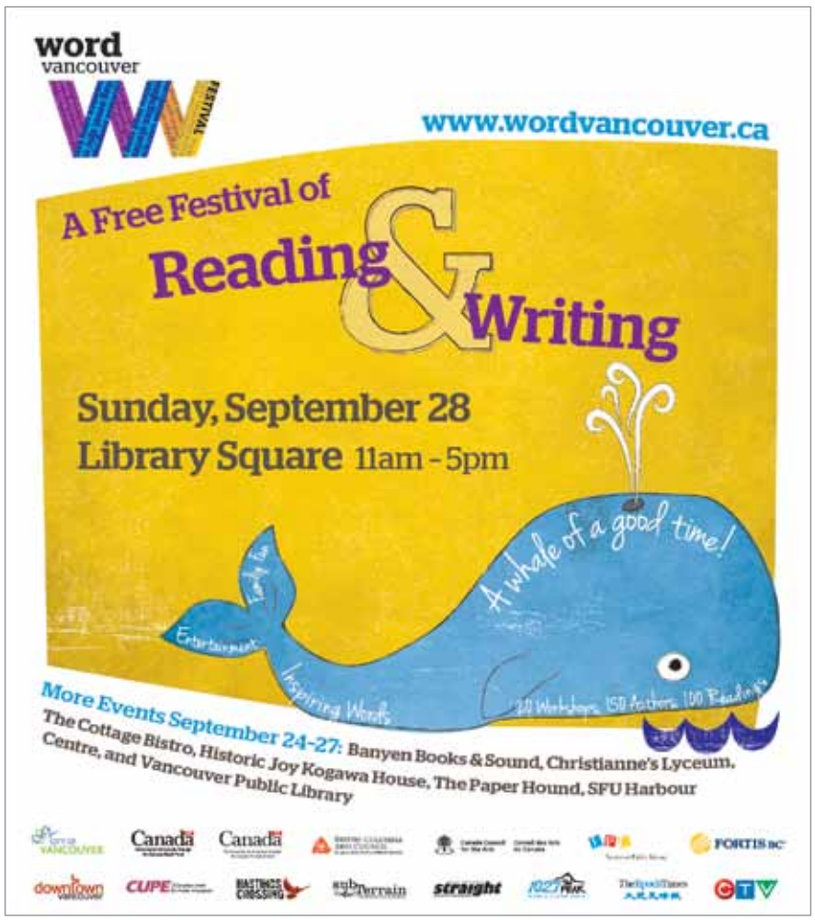
JR: At least you're out of denial.

ET: Yes, that's why in the film *A Beautiful Mind*, for example, which is about a mathematical genius who did have a mental dysfunction, his mind was developed in certain areas but he was also insane. The viewer of the film doesn't know that until a certain point when the character realizes that many of his experiences are delusions. At that moment, his healing begins. He's not cured yet, but his healing begins because he's recognized his own insanity. That recognition can only come out of sanity, which is the awareness of unconditioned consciousness.

There's a dimension in us that has nothing to do with content. Self-realization is that I am not that. I'm not my story, not my grievances and hang-ups, not the story of me that I'm telling other people at parties or repeating in my head again and again. That is only form. It's temporary.

When you see what you're not, it's already liberating. Something inside you breathes a sigh of relief. Then, of course, the mind begins to ask, "What are you if you are not that?" It wants an answer. In other words, it wants some new form. It wants a new thought. There must be a thought that I am. But it doesn't work like that. That's why the great book the Tao Te Ching starts with the line that the Tao that can be spoken of is not the true Tao because Tao – in the ancient Chinese way of putting it – is the formless dimension. You could say pure consciousness, but with any term we use we have to be careful it's not mistaken for "It." Otherwise, the mind comes in and says, "Oh, consciousness, yes. I believe that I'm consciousness." It's not another belief. It's finding that spaciousness inside yourself that's there when you let go of identification of form.

New & Unique
Crio Brü™
brewed cocoa
Give yourself 10 days to feel the difference!
ROASTED AND GROUND
COCOA BEANS
THAT BREW JUST LIKE COFFEE
Crio is made with one ingredient – 100% pure, premium cocoa beans - one of nature's most amazing superfoods, offering sky-high antioxidant value, mineral benefits and natural energy.
100% COCOA
Brews Like Coffee
0g Fat
Caffeine Free
0g Sugars
10 Calories
0mg Sodium
Gluten Free
www.criobru.ca
800-884-9710


word
vancouver
www.wordvancouver.ca
A Free Festival of
Reading & Writing
Sunday, September 28
Library Square 11am - 5pm
A whale of a good time!
More Events September 24-27: Banyen Books & Sound, Christianne's Lyceum,
The Cottage Bistro, Historic Joy Kogawa House, The Paper Hound, SFU Harbour
Centre, and Vancouver Public Library

For word lovers

Word lovers: Two events of note worthy of your attendance and support are the upcoming 20th annual Word Vancouver and the first-ever "Reinventing Radio: An Evening with Ira Glass."

"Word Vancouver" (wordvancouver.ca), the city's free yearly celebration of reading (September 24-28), brings the local writing and publishing communities together in a cornucopia of events, including readings, exhibits, music and other entertainment such as roving performers, children's activities and much more.

• **The primary event** in Western Canada's literacy and literary community – modelled on Toronto's huge "Word on the Street" national book and magazine festival – was first staged in 1995 at the then newly built Vancouver Public Library. It featured 60 exhibitors and attracted 18,000 participants. Organizers hope to match – and improve on – those numbers while maintaining free admission.

September 24: Free readings at The Paper Hound and Banyen Books & Sound. **September 25:** Book launch, readings and an open mic session at Banyen Books & Sound and The Cottage Bistro. **September 26:** Join the celebration of one of Vancouver's great children's writers at Christianne's Lyceum and enjoy insights on producing theatre at historic Joy Kogawa House. **September 27:** Free professional development workshops for writers and publishers. **September 28:** Main event – bring family and friends out to Library Square (corner of Homer and Hamilton between Robson and Georgia) and drop by *Common Ground's* table. More information at http://wordvancouver.ca/2014-festival/

Ira Glass

• **Ira Glass is the creator of *This American Life*,** heard each week by almost two million people on 500 US public radio stations. Most often, the podcast of the program is the most popular podcast in America. The show also airs each week on the CBC in Canada and on the Australian Broadcasting Corporation's radio network.

Glass, who has worked on nearly every NPR network news program and held virtually every production job (he has also earned several Peabody and DuPont-Columbia awards at the vanguard of a journalistic revolution) will provide entertaining and informative highlights and insights into how his program is put together.

September 27: Ira Glass takes the stage in an all-ages evening, Vogue Theatre, Vancouver. Presented by Paul Mercs Concerts. Doors, 6:30PM, show, 7:30PM. Tickets available online at www.voguetheatre.com Visit Ira's NPR website at www.thisamericanlife.org/

Learn from Generational Chi Gong
Master Teresa Yeung
Secrets of Medical Chi Gong
Author of Life Force: Miraculous Power of Qi Gong
Medical Intuitive and Successor to Grandmaster Wu
*Learn how to Send Chi for Self-Healing with Mountain Chi Gong
Excellent for stress, energy, pain, digestion, cancer, emotions, more energy
Vancouver, White Rock, Nanaimo Oct. 14-16
Victoria Oct. 17-19.
2-Day Joy & Abundance Workshops $145;
Healthcare Therapists Certification $99
www.MasterTeresa.com - New Eye Qi Gong DVDs
The Seventh Happiness™
SCHOOL OF CHI GONG

Robin Williams as hero

Smile though your heart is aching, smile even though it's breaking...
– John Turner and Geoffrey Parsons

A hero is defined as a person admired for great acts of courage or someone with fine qualities. Robin Williams was certainly admired for his greatness and fine qualities, but what of brave acts? We often think of heroes as people who have risked their life to save another or shown bravery when under attack from enemies.

The enemies of Robin Williams were the demons within – the inner voices that told him he was garbage, he was nothing. The demons were depression and anxiety, not the devil or psychosis. The substance abuse was an attempt to escape the pain, but that only made things worse. He was not depressed because he had addiction problems; he had substance issues because he had severe depression.

Unless one has experienced severe depression, it is impossible to imagine how utterly painful it can be. Sometimes, it is so severe that all kinds of antidepressant medications are tried and nothing works. During a major depressive episode, the world transforms into a dark place. Things that were positive before no longer seem so.

The depressed person may believe that everyone – especially loved ones – would be better off without them. There is no comfort or pleasure and nothing seems worth living for. The person has no hope they will ever feel better. They continue to rewrite history and experience the past as confirmation that nothing was good and never will be.

Robin Williams lived with this kind of depression yet he put his heart, soul, creativity and genius into his work. He made us laugh. He was kind, gentle, sweet and considerate. He was involved in dozens of charities.

This is where I see the heroism. He kept on going, making people laugh and helping others despite his pain. He did not dwell on it. He did not allow it to be an excuse to withdraw from life. He put his focus on giving to others.

Sometimes that is the only thing to do. Regardless of how terrible we feel, there is always something we can do for others. A day in which we have given of ourselves to others is a day not wasted.

Robin Williams was an extraordinary man. He suffered extraordinary pain. He fought his battle long and hard. For decades, he did not give up. He used his life – even though at times he may have devalued it – to bring good into the world.

Finally, too battle weary to continue, he took his final bow. The impact of his death reverberates around the world and has everyone talking and learning about depression. This may be his greatest legacy.

So what do we take from this? We all may experience depression at times in our lives. Just because we feel crummy does not mean we *are* crummy. It is okay to admit we are struggling and to seek help. It is not a shameful thing to be in therapy, in rehab or to be taking antidepressant medication.

We learn that the best defence can be a strong offence. If you are feeling down, get up and do something for someone else. Put your focus on helping others. The worst thing you can do is to focus on how depressed you are. Curling up in bed only surrounds you in a cocoon of darkness. For most, the depression will pass.

If you have severe, chronic depression, keep seeking help. You do not have to deal with it alone. Getting support can help keep you going. Let others in and let them be there for you. Yours too is a hero's journey. Stay strong like Robin did for so long.

Gwen Randall-Young is an author and psychotherapist in private practice. For articles and information about her books, Deep Powerful Change Hypnosis CDs and new "Creating Healthy Relationships" series, visit www.gwen.ca

Dr. Miller's
Wholy Tea
THE TOTAL BODY DETOX
Lose Weight & Reduce Bloating
Effectively Cleanses the Liver & Colon
Relieves Constipation & Indigestion
8 Tea bags 30 Day Cleanse
THE TOTAL BODY DETOX & CLEANSE
It's as easy as 1,2, tea!
Lose Weight & Reduce Bloating
Effectively Cleanses the Colon
Relieves Constipation & Indigestion
You'll love the WAY YOU FEEL!
In 7 days or less
INNOTECH
1-866-875-5022
Find us on Facebook
www.innotechnutrition.com
$5.00 OFF Wholy Tea Cleanse
Each coupon is valid for one box of Wholy Tea. Coupon is void when reproduced or altered in anyway. Coupon expires on September 30, 2014. Retailers must submit all coupons for reimbursement to Innotech Nutrition within 30 days after the expiration date. Redeemed coupons must be accompanied with a copy of the purchased receipt. Innotech Nutrition 104 Durand Rd., Winnipeg R2J 3T2. CODE: CGSeptember

The Mount Polley mine disaster

by Rod Marining

On BC Day, a holiday meant to celebrate beautiful BC, we were all having a beautiful time at the family cabin at Quesnel Lake, with hot sun, blue skies and a pristine lake.

That night, I slept on my new boat docked in front of the cabin and was awakened at 3:00 AM by a continuous roar – like a 747 jet was flying towards the town of Likely. I thought the sound odd and then noticed the boat was rocking when just a minute before Quesnel Lake had been as smooth as glass. I knew that Polley Mine was only a few miles away, but I just returned to bed puzzled by the strange, distant noise.

In the morning, life continued as normal. I swam in the lake and drank out of it. Everyone went swimming, including the young children. We were unaware that the tailing pond had burst and had sent a torrent of 10 billion litres of water and 4.5 million cubic metres of toxic silt into Quesnel Lake, just four kilometres away.

Later that evening, we left the cabin and headed home to Williams Lake. Entering the realm of cellphones, TV and radio coverage, I found out that I, and numerous others – including young children – had been swimming in and drinking water from Quesnel Lake where there was now toxic sludge laced with arsenic, mercury and cyanide, etc. We were in shock trying to fathom the consequences.

I was mad as hell that people couldn't swim in or drink water from Quesnel Lake, an incredible lake that was no longer pristine and which would forever be tainted by this historic event. I was now caught up in a political madness wanting to know why and how it had happened.

A few days later, we headed back to the cabin to pull the boats out of the water; the debris was defying logic by travelling up the lake and could punch holes in boats. I asked one of the family members who had stayed at the cabin, "Has anyone been around to tell you the tailing pond had burst and that there is a state of emergency declared by the regional district? He responded, "Nobody, not even the RCMP has been around to warn us not to go into the lake."

There was obviously no Emergency Management Plan to inform the public and the people at the 100+ cabins and six resorts on the lake. Unless you travelled an hour by car or boat toward the town of Horsefly or Likely, you would never know you were in a disaster zone.

"In the aftermath of the dam failure, concerns are being raised about what the government knew about the condition of the Mount Polley mine and whether the public should have been notified of potential risks before the disaster occurred," Privacy Commissioner Elizabeth Denham said in a news release.

Denham noted the Freedom of Information and Privacy Protection Act imposes legal requirements on public bodies to provide people with timely information where there is a significant risk of harm or where information is in the public interest.

Christy Clark called a press conference at the same place as a First Nations gathering. Three days later on August 7, I was sitting in the town of Likely, BC, near Quesnel Lake. We were there for a native gathering and a subsequent government press conference. The First Nations leaders were going around to the 300 locals, placing streaks of charcoal on the faces of everyone. It was a mourning ceremony. We were in mourning for Quesnel Lake and Polley Lake. After the ceremony, I headed to the restaurant.

After the ceremony, at the restaurant in Likely in walked Christy Clark. "Could you please tell me where the washroom is?" Christy asked a young girl. The restaurant girl gave her routine speech: "You have to use the outhouse, we have no water." Christy looked puzzled. "The outhouse is across the street," pointed the young lady, not recognizing who she had just talked to. Christy Clark proceeded to leave the restaurant, then spied John Horgan, leader of the NDP opposition party. Hogan was also standing in a five-deep line for the outhouse. She stopped, then changed direction.

Numerous people had entered the restaurant looking for a bathroom, all getting the same answer, all unaware of the ramifications from this disaster. Christy, whose government had ordered the water ban, forgot for a moment that there was a water ban in effect.

The Mount Polley tailing pond is not a pond. It is a huge 16-square kilometre reservoir, more than14 stories high. Its purpose is to contain the huge list of chemicals and contaminants, left over from the mining operation.

List of contaminants, according to Environment Canada:

Last year, Imperial Metals Corp. reported that tailings from its Mount Polley copper-gold mine contained thousands of tonnes of zinc, phosphorus and manganese along with 138 tonnes of cobalt, 326 tonnes of antimony, 400,000 kilograms of arsenic,177,000 kilograms of lead, 8,695 kilograms of selenium, 7464 kilograms of mercury, 995 kilograms of cadmium, 18,400 tonnes of copper.

A science and policy advisor for the David Suzuki Foundation says that the most hazardous heavy metals to human and environmental health are arsenic, cadmium, copper, lead and mercury.

"Environment Canada's data on Imperial Metal's mine tailings show mercury compounds, a neurotoxin that can cause degenerative disease, ramped up from 435 kilograms in 2012 to 3,114 kg last year – a seven-fold increase in one year."

Wildlife vectors spread contaminants

The 2.3 million sockeye salmon now passing Likely, BC, will pick up contaminants as they head to their spawning grounds. The contaminants will collect in their gills before they swim up Quesnel lake to the Horsefly and Mitchell Rivers to spawn. These salmon are carrying some of the one million pounds of arsenic, mercury, cadmium in their gills. All the creatures that eat the salmon after they spawn will be contaminated. Who would have thought salmon, bears and eagles could be a vector for the spread of poisons? Another ramification I never thought of.

The Mount Polley Mine disaster has and will continue to affect the web of life in BC for generations. Your health, your children's health and their children's health could be traced back to the moment Mount Polley Mine burst its tailing reservoir. August 4, when the sacred headwaters of the Fraser River was polluted with deadly chemicals, will go down in BC history. It is a moment in history when the home for one quarter of the Fraser sockeye salmon was desecrated.

The effects of the toxic sludge – with its 30 or so chemicals – that poured into Quesnel Lake will slowly filter out of the sediment with each rain and snow event. It will drift down the Quesnel River and then into the Fraser River. Water from the Fraser River will be used for irrigation and the hay fields, the grapevines and the blueberries will be irrigated with arsenic, mercury, cadmium, lead etc. The toxic soup of chemicals will enter into the bloodstream of fish and wildlife and this poison will slowly be *continued p.31 ...*

Join us on the Blue Dot Tour

A now famous 1972 photo of Earth taken by Apollo 17 astronauts from 45,000 kilometres away became known as "the blue marble." And the late scientist Carl Sagan described a 1990 picture taken from six billion kilometres away by the unmanned Voyager 1 as a "pale blue dot."

The vision of Earth from a distance has profoundly moved pretty much anyone who has ever seen it. "When we look down at the Earth from space, we see this amazing, indescribably beautiful planet," International Space Station astronaut Ron Garan said. "It looks like a living, breathing organism. But it also, at the same time, looks extremely fragile." Referring to the atmosphere, Garan added, "It's really sobering… to realize that that little paper-thin layer is all that protects every living thing on Earth."

Many astronauts report a deep feeling of connection that transcends borders and worldly conflict – referred to by some as the "overview effect." Apollo 14's Edgar Mitchell said, "You develop an instant global consciousness, a people orientation, an intense dissatisfaction with the state of the world and a compulsion to do something about it. From out there on the Moon, international politics look so petty."

How can anyone who has even seen a photo of the Earth treat our small, blue home with disdain and carelessness?... The "blue marble" photo from Apollo 17, the last manned lunar mission, catalyzed the global environmental movement. Now, as people around the world compete for air, water and land – not just with each other, but with corporations bent on profit at any cost – we need a resurgence in action to care for our small, blue planet.

That's why I'm about to embark on what will likely be my last national tour. From September 24 to November 9, I'm crossing the country – from St. John's, Newfoundland, to Victoria, BC, with 20 stops along the way. The plan is to work with Canadians from all walks of life to protect the people and places we love. It's the most important thing I've ever done.

And it's going to be fun! Because they care deeply about our country and the planet, many friends are joining me along the way, including Feist, Neil Young, the Barenaked Ladies, Margaret Atwood, Kinnie Starr, Raine Maida, Grimes, Danny Michel, Stephen Lewis, Bruce Cockburn, Robert Bateman, Shane Koyczan and many more.

The goal of the Blue Dot Tour is to work with community leaders and groups, local governments, First Nations, musicians, writers, legal experts and – we hope – you on local, regional and national initiatives to ensure all Canadians have access to clean water, fresh air and healthy food. Ultimately, we'd like to see the right to a healthy environment enshrined in the Canadian Constitution's Charter of Rights and Freedoms.That may seem like a challenge, but it's not unusual. More than half the world's nations – at least 110 – have environmental rights in their constitutions. Not having them is a strange oversight in a country like Canada where our clean air and water, spectacular nature and abundant wildlife and resources instil a sense of pride and make us the envy of people around the world.

Maybe we take our good fortune for granted. But we shouldn't. Already, environmental hazards contribute to about 36,000 premature deaths in Canada a year and half of us live in areas where we're exposed to unsafe air pollution levels.

As the rush to extract, transport and sell fossil fuels while there's still a market heats up, it will only get worse – unless we all pitch in. It's not about getting in the way of industry or progress; it's about building a conversation about the kind of country we want. And it's about ensuring our economic activity creates more benefits than harm to people and the natural systems that keep us healthy and alive.

We hope you'll join us. Visit BlueDot.ca for more information and tour dates in your area.

Written with contributions from David Suzuki Foundation senior editor Ian Hanington. Learn more at www.davidsuzuki.org

Learn. Teach. EMPOWER.

Achieve optimal health, well-being, and an exciting career with a Diploma in Holistic Nutrition from Canada's leading Holistic Nutrition School. **CSNN** exclusively offers the R.H.N.™ Designation (Registered Holistic Nutritionist), the most recognized designation in the industry.

To learn more about CSNN's Natural Nutrition Diploma program, visit **www.csnn.ca**.

Celebrating 20 Years
Canadian School of Natural Nutrition
TEACHING THE MEDICINE OF THE FUTURE®

CSNN Vancouver
604.730.5611
van@csnn.ca

CSNN Nanaimo
250.741.4805
nanaimo@csnn.ca

CSNN Kelowna
250.862.2766
kelowna@csnn.ca

Welcome back VIFF

Sturla Gunnarsson's *Monsoon* highlights India's rainy season as both a life-giver and life-taker.

The first Vancouver International Film Festival under its new boss Jacqueline Dupuis opens September 25 and runs until October 10. A former executive director at the Calgary Film Festival, Dupuis will be helming VIFF (www.viff.org) through the uncertain waters of the digital age. Alan Franey, who stepped down from VIFF's leadership role last year, remains at the festival as director of programming, bringing continuity.

I've seen four feature-length documentaries so far. BC-based Sturla Gunnarsson's documentary *Monsoon* looks at how the annual deluge has shaped the daily lives of different people across India. Gunnarsson interviews a range of people from the government director of meteorology – whose pronouncements on the weather must be sufficiently sensitive to avoid roiling the stock market – to the bookkeeper who takes bets on whether the monsoon rains will fall or not. The monsoon season – staring in June for four months – brings most of India's annual rainfall and is both a life-giver and life-taker. No wonder it is often spoken of in mystical terms. The documentary takes a somewhat scattergun approach in its coverage, but has many memorable parts as Gunnarsson takes us through the elation of the monsoon's arrival to the lows for families and farmers where the rainfall is either too much or too little.

In his documentary, *You've Been Trumped*, Anthony Baxter exposed the obnoxious, bullyboy tactics of Donald Trump as he rammed through the planning process for a garish golf course on a wilderness site in the North East of Scotland. Now, Baxter's back with *A Dangerous Game*, which broadens its scope to look at other extravagant golf course projects for the super-rich. In particular, we meet protesters trying to halt a luxury course above the historical Croatian town of Dubrovnik – with total disregard for local social and ecological values. Very much a sequel, there's some necessary backtracking over ground from the previous documentary. This time, Trump and his son Donny Jr. descend from their towers for interviews to be suitably skewered.

Marmato follows the rocky fortunes of a small, Colombian town sat atop one of the largest gold deposits in the world. Working with pioneer-era mining equipment, local men make a living tunnelling into the very same mountain their houses reside on. A new vulnerability comes into play as the price of gold rockets and a Canadian company arrives in town with plans to turn the mountainside village into an open-pit, "eco-friendly" mine. Miners, finding their livelihoods threatened, organize and resist. Mark Grieco's coverage of the stand-off is admirably even-handed while capturing the lives and hopes of the small-time miners in intimate detail with atmospheric cinematography.

We hear a lot about compassion in farming, but what does it look like? *Meat and Milk* doesn't directly answer that question – it's too much pure documentary, observing with next to no narrative voice-over and only a minimalist soundtrack – but it does offer remarkable insight into our relationship with cows in 16 scenes across the world. As expected, industrial farming is not a pretty sight. It's a world of concrete and steel where the beasts are machine-processed with the hard efficiency of high tech. Contrast that with the lame Hindu cow who is hugged, patted and fed by passers-by. From sloppy birthing to slaughterhouse, windswept mountainside to Vegas-like auction house, this has many striking (and disturbing) images, though it would have benefited from more of a narrative – perhaps more from the autistic woman who provides rare insights into the behaviour of this ubiquitous "prey species."

Robert Alstead is making a BC-set documentary **Running on Climate.** Support is welcome at www.fund.runningonclimate.com

YOUR VAPORIZER & GLASS SPECIALISTS...

IGNITE Smoke Shop
Light it up

Pax by Ploom
Portable Vaporizer *Reg. $269.99*

Present this coupon to receive
20% Off

109 W. CORDOVA ST. (ABBOTT X CORDOVA)
WWW.IGNITESMOKESHOP.CA
778-786-0977
ASK ABOUT OUR MEDICAL DISCOUNT!

Is Modern-day Life Weakening Your Vitality?
Now You Can Have Optimal Health, Energy, Calm & Clarity!
Ultimate Technologies. Backed By Science. Powered By Nature.

earthcalm
The World Leader in EMF Protection

The healthiest means of protecting and strengthening your body's electrical processes - the driving force behind your body and mind.

Latest Study: When the EarthCalm Quantum Cell was applied to an active cell phone, human DNA energy flow (conductivity) was released from the crippling grip of cell phone radiation and boosted further: nearly 40% above pre-exposure normal.

Vibrancy Water
Water Structuring Units

90% of you is water molecules.
Revitalize with the pure, energizing, effective, and balanced water Nature meant for your body.

90 Day Money Back Satisfaction Guarantee

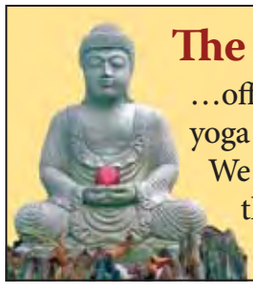
416-222-2368 1-888-993-9123 www.vibrancywellness.ca

#1 New York Times bestselling author Eckhart Tolle highlights the most inspiring and beautiful insights of *A New Earth*

Are you ready to be awakened?

A profoundly spiritual manifesto for a better way of life—and for building a better world.

Plume
A member of Penguin Group (Canada)
www.penguin.com



The Hermitage Retreat Centre
…offers a varied program of meditation and yoga retreats from mid-May to mid-September. We are located on a 60-acre organic farm near the ocean on beautiful Denman Island.
www.thehermitage.ca • 250-335-3377

BOOKS • ART • MUSIC • CULTURE

Do you love to sing in the shower only to clam up if you think other people are listening? Discover your own voice and full potential of your talent with Lynn McGown. We all have our own unique voice. Through breathing and body awareness techniques, vocal warm-ups and lots of singing, you are guided to discover a powerful and authentic sound to build your confidence, energy level, well-being and health. All lessons are individually tailored: from shy beginners to professional performance coaching. Register for vocal workshops (last Sunday of each month) and/or one-on-one vocal singing coaching.

LYNN MCGOWN
Call to set up lesson
tel. 604-222-4113
www.lynnmcgown.com
www.celtictraditions.ca

BUSINESS SERVICES & OPPORTUNITIES

AXLE ALLEY
AUTO REPAIR / SURF SHOP
www.axlealley.ca

Locally owned and operated since 1992
Government Licensed mechanics
Centrally located near the VCC Skytrain Stn
20% of our oil changes go to charity
Free brake inspection
Free clutch adjustment
Free baby seat anchor and install

• Keeping your old car a few more years could save you thousands of dollars

Hours: Monday - Saturday
8 AM - 5 PM
2055 Clark Drive
Vancouver, BC

• Check out our website for 43 free downloadable fuel saving tips.

Book an appointment online.
www.axlealley.ca
604-875-9988 604-255-TIRE
axlealley@hotmail.com

DENTISTRY

The greatest weapon against stress is our ability to choose one thought over another.
– William James

Dr. Talebain & family

Quality care with a sense of home comfort

Dr. K. Talebian
D.D.S., F.D.S.R.C.P.S
northvancouverdental.com

Metal Free Restorations • Cosmetic & Implant Dentistry • Orthodontics (Braces & Invisalign) • Endodontic • Oral Surgery (& wisdom teeth) • Periodontics (Gum Treatment) • Sedation & Emergency Services • Teeth Whitening.
North Vancouver Dental Clinic
619 E. 4th Street, North Vancouver
604-988-8384 nvdental@shaw.ca

EDUCATION AND CERTIFICATION

Maui School of Therapeutic Massage

Learn massage therapy while enjoying the sun and sea of Hawaii. Our "State of the Heart" professional program provides you with the knowledge, skills and confidence to open your own bodywork practice. Our 650-hour certification program is one of the most affordable anywhere at only $5,500US. Part-time (12 month) and Full-time (7 month) programs begin every September and March. Curriculum includes Anatomy & Kinesiology, Swedish, Lomilomi, Hydro & Spa Treatments, Deep Tissue & NMT, Assessment & Treatments, Shiatsu, Sports & Therapeutic Exercise, Reflexology, Body/Mind Integration and a fully supervised public clinic. The school is located on the island of Maui, where the warm ocean, gentle climate and lush tropical beauty encourage deep relaxation and exploration of the healing process. Student visas available for 7 and 12 month programs. For more information and a free catalog, write **Maui School of Therapeutic Massage**, PO Box 1891, Makawao, Hawaii 96768. Phone: 808-572-1888 or visit our website at www.massagemaui.com

PACIFIC Institute of REFLEXOLOGY
Most courses tax deductible

Reflexology Training Courses
Reflexology is taught as an intuitive healing art for professional practice, or, for use with friends and family. Courses provide structure that allows you to develop your own intuitive sense in your reflexology practice. We have a holistic orientation.

Holistic Reflexology: An Introduction - Informational evening talks: **$10.** *See Datebook.*

Basic Foot, Hand or Ear Reflexology Certificate Weekend Courses - Twenty hours expert instruction, plus 40 hours practicum and 10 hours home study prepare you to practice reflexology competently. **$395.**

Advanced Reflexology Certificate Courses - Expand your knowledge and develop your effectiveness to a professional level. **$395.** Courses offered year round. *See Datebook.*

Courses accredited CMTBC, RABC, and RAC.
Pacific Institute of Reflexology
535 West 10th Ave. @ Cambie, Vancouver
604-875-8818 / Toll free: 1-800-688-9748
www.pacificreflexology.com
Email: chrisshirley@pacificreflexology.com

Raynor Massage Training and Treatment Centre
Raynor Massage School
Learn by Doing

Raynor Massage School courses are all hands-on, practical without heavy textbook studying or excessive memorization of anatomy. We learn by doing and therefore you will be able to start massaging within the first 2 hours of the class.

"I feel very privileged to be a part of this amazing phenomenon" - Julia Dearhamer

Our 5-day Certificate will give you the skills to safely massage your friends and family and our 10-day Diploma allows you to make a career out of massage. You will help your clients by nearly eliminating all pain from chronic injuries, increasing mobility and helping them overcome tension and stress from emotions and trauma.

Upcoming course dates:
Toronto, ON: Sept 15 to Sept 26
Edmonton, AB: Oct 13 to Oct 24
Kelowna, BC: Nov 17 to Nov 28
Vancouver, BC: Dec 8 to Dec 19
Mention this ad for special rates.
250-681-8834
www.raynormassage.ca

EDUCATION AND CERTIFICATION

Therapeutic NLP
School for Personal & Professional Change

LearnNLP@TherapeuticNLP.com
www.TherapeuticNLP.com
604-442-8657

At Therapeutic NLP, our students develop a new relationship with themselves. We offer a rich experience that engages them in a process of transformation that is concrete, profound and permanent.

NLP taught in this way becomes a model for working with life not just surviving it.

Therapeutic NLP serves those who want to learn to live and work with their world in a peaceful and rewarding way.

You are invited to attend a FREE class in NLP. To learn more or to RSVP, call or email Tracy.

Private Therapeutic Sessions Available
Tracy Joy, Reg. Psychotherapist, Providing long-term relief from anxiety, depression, PTSD and suicidal thoughts using Neuro-Linguistic Programming (NLP), DBT-Informed Therapy and Family Constellations.
relief@NLPVancouver.ca
www.NLPVancouver.ca

Edison Institute of Nutrition

1-800-456-9313 • www.edisoninst.com

Training Nutrition Professionals Worldwide. The most complete holistic nutrition correspondence course. Introductory Course, Practitioner & Masters Diploma in Nutrition. Accredited by Canadian & U.S. nutrition associations. **Call for our course catalogue.**

In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it.
– Marianne Williamson

HEALTH & HEALING

PACIFIC Institute of REFLEXOLOGY

Reflexology: The Core of Natural Healing

Reflexology is practiced as a potent, safe way to free you from stress and tension, and relieve your pain and discomfort. Stimulation of your foot, hand or ear reflexes will deeply relax you to revitalize your whole body, and thereby facilitate natural healing. Let us tailor-make your session to address your unique health concerns and preferences.

Our holistic approach can assist you to address the source of your disease or discomfort, and/or, simply indulge in blissful relaxation. Our sessions enable you to embrace your natural health and vitality. Reflexology safely complements all other therapies.
One-hour private sessions: $65, or 5/$275.

Student Clinic: Tuesday evenings. Rejuvenate yourself, you deserve it!!! **1hr sessions only $20.**
Books, charts and self-help tools available.
Enquire about franchise opportunities.
Pacific Institute of Reflexology
535 West 10th Ave. @ Cambie, Vancouver
604-875-8818 www.pacificreflexology.com
Email: chrisshirley@pacificreflexology.com

Expect Wonders!
Registered Doctor of TCM
Former Instructor of TCM
at Langara College
31 Years Clinical Experience
Extended Care & MSP Accepted
116 - 828 West 8th Ave
Vancouver: 604-876-8618
www.chinese-medicine.ca

Dr. Peter Zhou, is a qualified MD and a former hospital director in China. He has been practicing in Vancouver since 1997, treating skin and pain disorders with a 95% success rate. Patients from England, Norway, France, Australia, Singapore, Fiji and Japan have sought his treatments.

Skin Disorders
- Eczema
- Skin rashes
- Skin allergies
- Psoriasis
- Rosacea
- Dermatitis
- Acne
- Shingles
- Herpes
- Hives
- Vitiligo
- Wart

Pain & Other Disorders
- Neck and back pain
- Bell's palsy (highly effective)
- Headache, Sciatica
- Arthritis, Tendonitis
- Disc Syndrome
- Stress and Depression

Please read our Online Testimonials.

Wellspring Vision
Improvement Program
Making a positive difference
Dr. Weidong Yu
www.TCMRP.com

Wellspring Vision Improvement Program (WVIP) was developed in 1999 by Dr. Weidong Yu, a world renowned Doctor of Traditional Chinese Medicine. WVIP is a comprehensive Holistic health program based on Chinese herbal medicine, Acupuncture, Acupressure, Qigong, Food and Nutrition. WVIP may be beneficial for patients with conditions such as:

- **Retinitis Pigmentosa**
- **Macular degeneration**
- **Glaucoma**
- **Eye Bleeding**
- **Red eyes, Dry eyes**
- **Eye fatigue**
- **Far sightedness**
- **Blurry Vision**

For appointment, please call 604-737-7876
Dr. Weidong Yu, Dr.TCM
Wellspring Clinic
916 West King Edward Ave. (south east corner of King Edward Mall at Oak & King Edward)
Vancouver, BC

Valerie Kemp
CranioSacral
Barbara Brennan Healing
Lymph Drainage Therapy
604-739-9916

After assessing the physical and subtle energies of the body, with Valerie's light, heart centered energetic touch and soft, gentle dialogue with the body, a journey of the Soul begins to the root cause of the issue.

Tissues and organs surrender, layers of emotion and memories melt away, taking us to the pure essence of being. Valerie invites you to join her in co-creating your healing journey of self-discovery, possibility, freedom and vibrant health!

Over 20 years experience in holistic healing and eclectic bodywork.
By appointment.
Please call 604-739-9916
Long-distance sessions available

Complete Health Center

HOLISTIC BEAUTY THERAPY
- Non-invasive approach
- Activate structural alignment to improve posture
- Enhance energy flow
- Promote inside out beauty.

OTHER SERVICES
- Muscle Balancing Therapy
- Colon Hydrotherapy
- Pulsed Electro Magnetic Field Therapy (PEMF)
- Biofeedback Therapy
- Deep Muscle Stimulator

Complete Health Center
165 – 9040 Blundell Road,
Richmond, BC V6Y1K3
For inquiries & appointments please call 604-630-1780
www.complete-health.ca

HEALTH & HEALING

ARCHER INTUITION
MEDICAL INTUITION
ENERGY HEALING • COUNSELLING
www.ArcherIntuition.com

Certified Medical Intuitive | Medical Intuition assists in recovery from a wide range of conditions: *cancer, chronic pain, diabetes, anxiety, depression and more.*
NEW CLIENTS SAVE 10% UNTIL AUG 30
Mention **SAVECG** when you book your consultation • **CALL 604-220-6597**

Access Health & Wellness Clinic
Zahra Mazanderani
Registered Acupuncturist & Herbalist
www.zahraacupuncture.com

- Acupuncture & Cupping, Chinese Herbs
- Facial Rejuvenation, Freckle Removal
- Constipation, Stomach Pain, Women Disease
- Back, Shoulder & Neck Pain, Headache
- High Blood Pressure, Weight Loss

101–1221 Lonsdale Ave., North Vancouver
Tel: 604-988-5698 Cell: 778-847-2026

ENERGY HEALING
Learn to heal.

Interested in learning about energy healing?
Pranic Healing Level 1: September 27 & 28
Emotional Healing – Anxiety, Grief, Stress
Physical & Psychological Healing – Phobias, Traumas, Obsessions & Compulsions
For classes or a healing session: 604.724.2114
healingwithprana@gmail.com
www.healingwithprana.com

If you tell the truth, you don't have to remember anything.
– Mark Twain

CHIROPRACTIC – Natural and Effective
Back or Neck pain? Headaches? TMJ? Frozen Shoulder? Carpal Tunnel? Menstrual pain? Fibromyalgia? Arm/Leg pain? Sciatica? Spinal Adjustments – Ultrasound – Traction
M Chiropractic and Custom Orthotics
Dr. Michael Wong
604-676-1848 www.mchiropractic.ca

THE HAPPY COLON
since 2000
Elena Lopez
I-ACT certified colon hydrotherapist

Colon Hydrotherapy dates back to the Egyptians who used it in its most basic form, the enema. Modern equipment today uses purified water at preset pressure and temperature to cleanse the large intestine (colon).
By appointment only: **604-525-8400**
 # 360 - 522 7th St., New Westminster, B.C.

Qwest 4 Health
• LIVE BLOOD ANALYSIS
• IRIDOLOGY
• pH ASSESSMENT
• QUANTUM BIOFEEDBACK
www.qwest4health.ca

COMPLETE HEALTH EVALUATION
Get a powerful insight into your own body regarding: pH imbalance – allergies – parasites – candida – digestive difficulties – inflammation – anemia – heavy metal – immune disorders – toxic stress – nutritional deficiencies – hormone imbalance – cholesterol – circulation ….and many more
Office: 604-560-5119 Cell: 604-531-3480

Isabella Scandolari RCST® BCST
REGISTERED
CRANIOSACRAL THERAPIST
18 yrs exp in holistic medicine
Call: 604.731.9447
Visit: www.isabellascandolari.com

Healing is a State of Balance to Wholeness
PAIN to **RELIEF**
STRESS to **STILLNESS**
DEPRESSION to **OPTIMISM**
EXHAUSTION to **VITALITY**
Deep relaxation of the nervous system.
Gentle & effective method proven to release patterns, relieve pain & restore radiant health!

Wellness Consultations
Master Sha's Soul Healing Centre Vancouver
604-336-4833

Master Thai-Siew Liang offers:
- Soul Healing
- Soul Readings
- Classes and Workshops

for all aspects of your health & well-being
www.MasterShaSoulHealingCentreVancouver.com

INTUITIVE ARTS

IT IS TIME
to find your Heart Wisdom as you evolve in the Space of Stillness
Meg Watson
604-536-1565

Eclectic Meditation Classes starting in September 2014
7 Thursday Evenings 7:30 - 9 pm
starting September 18. $100 for series
Also private sessions/readings/healings

findyourheartwisdom@gmail.com

Vancouver Psychics.ca on Granville Island
Phone Readings by Chanel
Chanel reads in South Surrey on Weekends

HOME TO VANCOUVER'S BEST PSYCHICS, TRUSTED SINCE 1996.
Walk-ins Welcome 7/7, 11am to 5pm $45
Phone Readings: **1-888-734-3354**
Appointments: **604-734-3354**
Customer Care: **604-535-3113**
Map & Info: **VancouverPsychics.ca**

I have fallen in love with the imagination. And if you fall in love with the imagination, you understand that it is a free spirit. It will go anywhere, and it can do anything.
– Alice Walker

DR. ANNE MCMURTRY
Channelled Readings, Reiki & Crystal Healing
ANNE'S ABILITY opens a line of communication between you and your spiritual guides allowing them to speak directly to you. Reiki and crystal healings and workshops are also available. 604-734-8219, VANCOUVER.

NUTRITION

Winner of 2014 Canada Book Award, *Becoming Vegan: Express Edition* and (for health professionals the new *Becoming Vegan: Comprehensive Edition.* Bestselling classics by Brenda Davis & Vesanto Melina. Online & through bookstores.
www.becomingvegan.ca

Consultation with dietitian/author Vesanto Melina. Personalized consultation ($282 for 2-1/2 hours) includes nutritional analysis; recipes; menu planning; for busy people; pregnancy; children, seniors.
604-882-6782 www.nutrispeak.com
vesanto.melina@gmail.com

PSYCHOLOGY, THERAPY & COUNSELLING

Therapy of the Whole Person
John Arnold Ph.D.
Therapist / Counselor since 1975
604.261.2788

Only by Working With the Whole Person Can You Achieve Truly Permanent and Effective Change.

If problems and issues keep popping up in your life and you are STILL STUCK, it is because you have not gotten to the root causes. Completion of any problem comes only when you have resolved your issues physically, emotionally, mentally and spiritually and the underlying reasons for repetitive patterns of behavior are uncovered and resolved.

If you are fed up and want to do something radical about your predicament, give me a call **604-261-2788 or visit my web page at www.johnarnoldphd--reichianandyogictherapist.com/**

ARE YOU READY FOR A CHANGE?

Lorraine Milardo Bennington
M.Ed. (Counselling)
Reg. Psychologist #815

You can overcome your limiting beliefs and open up to your joy!
Success Coaching
Hypnotherapy - Weight Loss/Stop Smoking, Athletic performance, Blocks to Success/Fear of failure, Age regression, Anxiety, Phobias
Couples Counselling

Lorraine Milardo Bennington, success coach, psychologist and hypnotherapist, has been practising hypnosis for over 30 years and skillfully integrates intuition and hypnotherapy into her coaching and counselling practice. Lorraine gently guides people in the process of transformation, assisting them to connect with their higher selves and to reclaim joy and personal power in their lives. Lorraine has returned to Vancouver after 10 years living, studying and working on Kauai and Maui.
604-871-4342 transformance@mac.com
www.creativetransformations.ca

Life Between Lives™

Past Lives & Spiritual Regressions
Rifa Hodgson, CCHT
The first certified & practicing LBL therapist in Canada
1-888-606-TIME (8463)

"For those of us who have had the opportunity to actually see our immortality, a new depth of self understanding and empowerment emerges." - from "Journey of Souls" by Dr. Michael Newton, LBL Founder.
Offices: West Vancouver and Gibsons
rifa@lifebetweenlives.ca
www.lifebetweenlives.ca

NEED HELP WITH YOUR ADDICTION?
Ruta Yawney, MA, RCC, FAMI
Psychotherapist
Registered Clinical Counsellor
604-928-0883

Experience recovery through Guided Imagery & Music. Allow the creative and affective nature of music to facilitate self-expression, communication and growth from within. "Imagination is more important than knowledge." – Albert Einstein.
ruta@rutayawney.com
www.rutayawney.com

Break Your Addiction
Call Jackie for your FREE consultation
604-551-4986

SUMMER SPECIAL!
Be clean for summer and feel free.
No more cravings for cigarettes, pot, alcohol, cocaine, oxys. No more binging.

Visit www.ThePowerWithin.ca and book your FREE consultation
Email: info@thepowerwithin.ca

RESTAURANTS

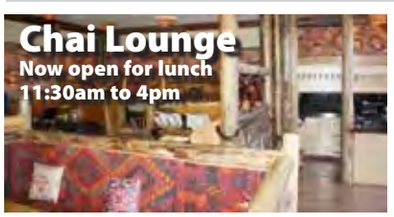
Nirvana
Indian Cuisine
Eat in / Take out
2313 Main Street

Savour an Indian culinary experience while enveloped in the mysterious ragas of classical Indian music. Winner of *West Ender's* Silver Medal for **Best Indian Restaurant 2004-2005**. Delicious selection of vegetarian and vegan specialties. Open 7 days a week for lunch & dinner. 2313 Main St., Vancouver
604.872.8779 www.nirvanarestaurant.ca

RESTAURANTS

EAST IS EAST
EXPERIENCE THE EAST WITH YOUR TASTE BUDS
3243 West Broadway 604-734-5881
Chai Tea House Upstairs & 2nd location
4433 Main Street @ 28th 604-879-2020

"East Is East is a place where you are encouraged to talk to your neighbours. This is definitely not the Ritz, but it certainly is Kits. From plumbers to publishers, hippies to generation whatever, this place has special appeal." - *Owen Williams, Common Ground*
Visit our new location
4433 Main Street @ 28th 879-2020



Experience the East at the new Chai Lounge. Enjoy exotic food and the finest, tastiest selection of vegetarian, vegan, gluten-free and meat dishes, from the folks at East is East. Open 7 days/week, 6-11PM. Live music, licensed. 4433 Main St. @ 28th Ave. For reservations, call 604-565-4401.
www.eastiseast.ca

VEGETARIAN RESTAURANTS

Vegetarian Restaurant
菩提菜香素食
3932 Fraser & 23rd Ave.
Vancouver
(604) 873-3848
Bodhi Choi Heung

Serving traditional **Buddhist style** vegetarian food since 1960. Come sample over 200 vegetarian dishes. Operated by **Chef Ho** formerly of **Bodai**. Open 6 days a week from 11am to 3pm and 5pm to 9pm, closed Tuesdays. Rated Best Vegetarian Restaurant in *Vancouver Magazine's* 9th Annual Restaurant Awards. Call for reservations. 604-873-3848.

T•H•E NAAM RESTAURANT
"Great Food, Anytime!"
Open 24 Hours

The Naam Vegetarian Restaurant
For years voted "Best Vegetarian" in the *Georgia Straight* and in *Vancouver Magazine's* "Readers' Choice". Open seven days a week, 24 hours, licensed, wood fireplace, heated patio, live music at dinner.
2724 West 4th Ave. **604-738-7151.**

SPIRITUAL PRACTICES

Life & Wellness Consultations
Master Sha's Soul Healing Centre Vancouver
604-336-4833

Master Peter Hudoba offers guidance to overcome life's challenges.
Master Hudoba offers Soul Readings and Soul Healing Blessings which may include:
- Spiritual Healing
- Cleansing of sickness karma
- Spiritual Transmissions for health and spiritual growth
- Spiritual guidance

Through Soul Communication, Third Eye images and access to the Akashic Records, Master Hudoba provides clarity and solutions for health, relationships, career and every aspect of spirituality.

To book an appointment
604-716-5124
www.MasterShaSoulHealingCentreVancouver.com

... ***Mt. Polley*** *from p.24*

deposited into each and every human in BC. At first, it will be in small amounts but it will bio-accumulate in your body.

That is why we should all know what happened at the Mount Polley mine site. This event has far reaching ramifications. One night, you'll sit down after a hard day's work and have a nice class of BC wine. Then you will eat your organic blueberries with cream for dessert. Each mouthful will contain a tiny amount of poison that will slowly start to affect your thinking. Your DNA will begin to alter and the effects of this slow poisoning will affect your life and the lives of your offspring.

The sacred headwaters of the Fraser River and Quesnel Lake were once pristine. Researchers came from around the globe to use Quesnel Lake as the baseline for pure water. Your personal health could be one of the victims of this insidious disaster that poisons the land. So it is important to protect what we do have – the sanctity of one's body and of pristine wilderness. They both go hand in hand.

Our family gathered on that beautiful sunny day to celebrate life and our connection to the land. We are now joining other groups to advocate for the complete clean-up of the Mount Polley Mine. We are launching a class action law suit for the loss and enjoyment of Quesnel Lake. We are being even more vigilant about the foods we eat. Organic food laws must be stronger. Water for irrigation and organic foods now requires heavy metal testing and should be certified. This is the law of ecology; we are all connected in the web of life. We are involved whether we like it or not.

Rod Marining is vice Chair of the BC Environmental Network (www.ecobc.org).

BECOME A CERTIFIED LIFE COACH *or* EXECUTIVE COACH

Our 2 day intensive course will teach you everything you need to know to succeed. All Certified Coaches Federation™ graduates also receive admission (at no additional cost!) to our 1 year CCF Continuing Education Program!

Only Certified Coaches Federation™ graduates earn the esteemed Certified Life Coach Practitioner™ designations!

REGISTER TODAY:

December 6-7, 2014
Vancouver, B.C. – Sylvia Hotel

866•455•2155 or 403•389•1190

abe@certifiedcoachesfederation.com
www.certifiedcoachesfederation.com

Mind Body Spirit Weekend

Learn & Practise Scientifically Studied Tools to Heal Your Body & Life

Dr. Divi Chandna is an MD, Certified Medical Intuitive, Mind Body Medicine Coach, Author, International Speaker & Mind Body Medicine Expert for Global TV

Vancouver – September 20 & 21, 2014
Victoria – September 27 & 28, 2014

This weekend Immersion is a mandatory pre-requisite for Mind-Body-Spirit Teacher Training

To register, call 604-739-3484 or online www.drdivi.com

VEGAN LASH MASCARA

New

Made with Certified Organic Ingredients

Vegan Lash Mascara is natural, vegan, and gluten-free. It doesn't get any *cleaner* than this!

For more information visit www.earthlab.ca

Cosmetic Energy Healer
Medical Intuitive

COSMETIC HEALING INSTITUTE

Learn to reverse ageing through the intuitive art of cosmetic energy healing with founder Lily Chandra
– Online courses available –

Learn to reduce wrinkles, scars, moles, varicose veins, stretch marks and reverse grey back to it's natural colour, remove unwanted hair and regrow lost hair

For more info on Lily and her services visit
www.cosmeticenergyhealer.com
• info@cosmeticenergyhealer.com •

AMSTERDAM | Sept 15 - 19, 2014
MAUI | Nov 9 - 15, 2014
VANCOUVER | Nov 24 - 28, 2014
KERALA, INDIA | Jan 5 - 11, 2015

Acne Prone Skin Night Time Gel

Absolutely the best gel for acne prone skin you'll ever try. Guaranteed! Just rub it on and go to sleep. It feels wonderful and won't dry your skin. Watch it minimize the appearance of redness and deliver results. Also available at Whole Foods Markets. Nature's Creations is a Vancouver-based maker, retailer and wholesaler of 100% natural products and services. Our products are pure, sustainable and natural.

www.naturalbeautyskincare.ca

... ***Vitamin D*** *from p.6*

Here, researchers assessed how vitamin D supplementation affected women with type 2 diabetes who were also diagnosed with depression. At the outset of the study, 61% of participants reported neuropathic pain – shooting or burning pain in their legs and feet; 74% reported numbness and tingling in their extremities. The participants were given 50,000 IUs of vitamin D2 once a week for six months. At follow-up, both depression and pain scores had improved.

According to lead researcher Todd Doyle, Ph.D., vitamin D supplementation "...is a promising treatment for both pain and depression in type 2 diabetes." However, I would note that you'd probably get even better results using vitamin D3 rather than prescription D2. In fact, previous research suggests vitamin D2 might do more harm than good in the long term.

Optimizing your Vitamin D also reduces your risk of diabetes

Bringing the focus of this article full circle is research showing that vitamin D may also play a role in type 2 diabetes so now we have a number of cross-links between vitamin D and dementia, depression and diabetes. One Indian study found that vitamin D and calcium supplementation, in combination with exercise, can aid prediabetic individuals by preventing the progression into full blown diabetes.

Since exercise is one of the most effective ways to improve your insulin and leptin sensitivity, this certainly makes sense and may make it more difficult to ascertain which of the two factors – vitamin D or exercise – had the greatest impact. Either way, both are part and parcel of diabetes prevention so the results still speak to the power of simple lifestyle modifications.

As noted by *Nephrology News*, "Vitamin D deficiency has been linked to prediabetes, which is a blood glucose, or sugar, level that is too high but not high enough to be considered diabetes. It is unclear, however, if bringing low vitamin D blood levels to normal through supplementation will affect progression to diabetes.

In the new study, every unit increase in vitamin D level after supplementation of the vitamin decreased the risk of progression to diabetes by 8%...

'Without healthy lifestyle changes, nothing works to prevent diabetes in at-risk individuals,' said lead author Deep Dutta, MD, DM... 'However, our results are encouraging because the addition of vitamin D and calcium supplements is easy and low in cost.'"

Here, a vitamin D level below 30 ng/ml was considered insufficient. All participants in the study were prediabetic. The treatment group received a once-weekly dose of 60,000 IUs of vitamin D3 along with 1,250 milligrams (mg) of calcium carbonate daily, for eight weeks. A second group received only the calcium supplement. Both groups were advised to get 30 minutes of daily exercise. More than two years worth of follow-up revealed:

Just under 11% of those receiving both vitamin D3 and calcium became diabetic while 26.5% of the calcium-only group developed diabetes.

Blood sugar levels normalized in over twice as many of those in the vitamin D/calcium group, compared to the calcium-only group (41.8% versus 20.4% respectively.)

As noted in a recent *MedicineNet* article, 60% of seniors seen in emergency rooms across the US are either malnourished or at risk for malnutrition – despite 95% of them having primary care physicians and 96% having health insurance and being otherwise mentally competent... Vitamin D sufficiency is important both when it comes to preventing depression and pain, but a vast majority of seniors are also vitamin D deficient. So here again we see how a vicious cycle can be set into motion by vitamin D deficiency.

How to optimize your vitamin D level

When it comes to vitamin D, you want to be in the "optimal" range, not the "normal" one. Based on the evaluation of healthy populations that get plenty of natural sun exposure, the optimal range for general health appears to be somewhere between 50 and 70 ng/ml.

From **Vitamin D for Depression, Dementia, and Diabetes** http://articles.mercola.com/sites/articles/archive/2014/08/21/vitamin-d-depression-dementia.aspx, August 21, 2014.

Shine your light.

YOGA TEACHER TRAINING CERTIFICATE PROGRAM

Our Yoga Teacher Training program is designed to meet the growing demand for highly qualified yoga teachers. By using a multi-disciplinary approach, our programs draw from classical and modern traditions to provide a balanced and integrative learning experience. Graduates are in demand for their clarity and precision of instruction, their technical skills, and compassionate approach to teaching.

- 250-hour College certified program
- Taught by senior teachers and expert instructors
- Unique opportunities for further study in India
- Classes held every second Saturday and Sunday

Learn more.
Anuradha Hannah, Program Coordinator
604.872.1613 | ahannah@langara.bc.ca
www.langara.bc.ca/yoga

Langara.
THE COLLEGE OF HIGHER LEARNING.

BURN FAT While You SLEEP?

ABREXIN™ Makes Burning Fat While You Sleep a Reality For Women Across Canada! Just 1 ABREXIN™ Before Bedtime Will Turn up Your Fat Burning Metabolism And Burn Fat While You Sleep!

alive AWARDS 2013 GOLD

Consumers Choice for New Product in Canada

VOTED PRODUCT OF THE YEAR CANADA Consumer Survey of Product Innovation 2013

Voted product of the year for Weight Loss innovation

AWARD WINNING ABREXIN

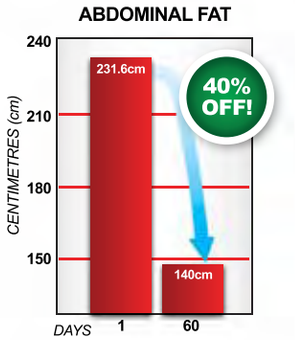
Voted Product of the Year for Weight Loss and Consumers Choice Gold for New Product

There's never been an easier way to safely reduce body fat than with ABREXIN™. Simply take one ABREXIN™ before bedtime to activate your natural calorie burning process known as thermogenesis.

ABREXIN™ naturally raises your metabolism while you sleep without any harsh or dangerous stimulants. In fact the only side effect from using ABREXIN™ will be deeper more restful sleeps!

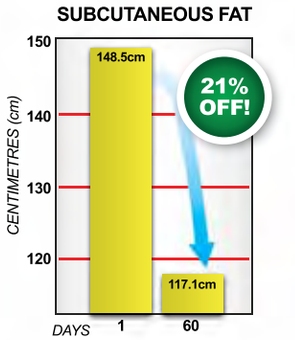
With ABREXIN™ not only will you experience safe natural weight loss, but you'll see results in those hard to hit areas like your hips thighs and stomach! Stop waiting and start ABREXIN today!

Are You Ready For MASSIVE FAT LOSS In Just 2 Months!



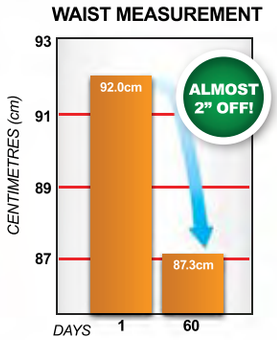
A 40% REDUCTION In Total Abdominal Fat Measurements!

Abdominal fat went from 231cm to just 140cm.



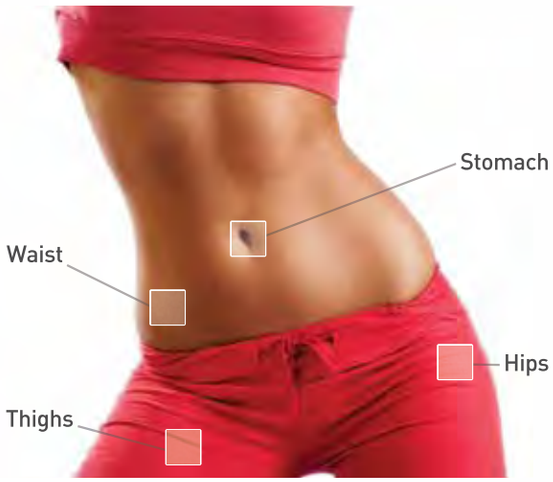
A 21% REDUCTION In The Fat That Hides Just Under Your Skin!

Subcutaneous fat went from 148.5cm to just 117.1cm!



That's Almost 2" of Stubborn Waist Fat Gone!

Fat around the waist went from 92cm to just 87.3cm!



See What Real ABREXIN™ Users Have To Say:

"Just a quick note to say that I am on my second month of your product and I LOVE it! I sleep better, my body is lighter and I won't ever go a month without it again. I was skeptical when I bought my first bottle, but it works and I am hooked!"

Even if I have a nice 'cheat' dinner with my husband, I don't gain weight the next day. I am not a fitness model or anything. I am a normal person trying to get in better shape, and your product is crucial to my transformation. Thanks so much, and I will always be a fan and customer :) **Lora, Hawaii**

GNC LiveWell · Loblaws · Superstore · SHOPPERS DRUG MART · Walmart

Get a $5.00 OFF Coupon For ABREXIN™ at:

www.ABREXIN.com

TRAIN HARD
RECOVER NATURALLY

KAIZEN

NO ARTIFICIAL FLAVOURS
NO ARTIFICIAL SWEETENERS
NO ARTIFICIAL COLOURS

- World's First Compostable Container
- Antibiotic and Growth Hormone Free
- Whey Protein Isolate
- Won't Cause Bloating or Gas
- Sourced From Grass-Fed Cows
- Cross Flow Micro-Filtration Whey Isolate
- Now Sweetened with Organic Stevia

KAIZEN
NATURALISOLATÉ
WHEY PROTEIN ISOLATE
New Zealand Protein
Protéines de la Nouvelle Zélande
Sweetened with Stevia + Monk Fruit
Édulcoré avec stévia + luo han guo
Gluten Free & Lactose Reduced
Sans gluten et faible en lactose
Your source of clean protein
Votre source de protéines propre
NATURAL VANILLA BEAN / GOUSSE DE VANILLE NATURELLE
908 g
ecologic

INSIDE FITNESS MAGAZINE BEST OF 2013

alive AWARDS 2013 GOLD

Consumers' Choice
Fitness & Weight Management Product

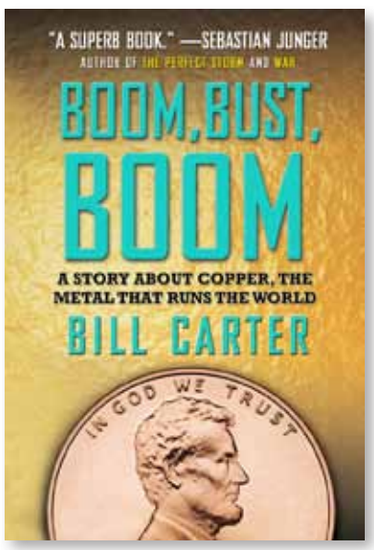
Find Kaizen Proteins at these fine retailers or for more information go to : **www.kaizencanada.com**

Loblaws · Superstore · GNC LIVE WELL · THRIFTY FOODS · save on foods · Ambrosia · Rexall · Arctic · Whole Foods · Community Natural Foods · Nature's Emporium · Healthy Planet · Sobeys

"Boom, Bust, Boom" and the Mount Polley paradox

I had cracked open Bill Carter's book, *Boom, Bust, Boom: A Story About Copper, the Metal that Runs the World,* a few days before last month's Mount Polley tragedy. Call the monumental tailings pond breach what you will: accident, calamity, catastrophe, cataclysm, disaster and on down the alphabet to wake-up call and ZZZ for sleeping.

"Tragedy" – as in "an event causing great suffering, destruction and distress" – seems an apt description for an entirely man-made and avoidable environmental nightmare. And Carter's powerful, up-close and personal narrative exposes how far human beings will go to get copper – along with gold – especially "persons" such as Imperial Metals Corporation.


"A SUPERB BOOK." —SEBASTIAN JUNGER
AUTHOR OF THE PERFECT STORM AND WAR
BOOM, BUST, BOOM
A STORY ABOUT COPPER, THE METAL THAT RUNS THE WORLD
BILL CARTER
IN GOD WE TRUST

As I turned pages, media reported that 10 million cubic meters (350 million cubic feet) of water – enough water to fill 4,000 Olympic-sized pools – were spilling over the infamous pond's so-called 'freeboard.' And 4.5 million cubic meters (150 million cubic feet) of debris and toxin laden sludge – arsenic, cyanide, sulphuric acid, etc., experts warned – swelled one-meter wide (3 feet) Hazeltine Creek to a width of 150 meters (490 feet). As poisons poured further into Quesnel Lake – the deepest in Canada and one of the largest fjord lakes in the world – and Polley Lake, I decided to try and track down the author/filmmaker.

His previous books include *Red Summer: The Danger and Madness of Commercial Salmon Fishing in Alaska* and *Fools Rush In: A True Story of Love, War and Redemption.* The latter – firsthand experiences in war-torn Bosnia – led to the award-winning documentary *Miss Sarajevo*. Carter was the director, Pavarotti sang the theme song and Bono became the executive producer. It had taken a backstage fist-fight with security guards to get an audience with U-2, but the band brought the siege to the world via satellite broadcasts beamed out during their global tour. And Bono's phone number is still on Carter's speed dial.

"What happened at Mount Polley is indicative of the problem and a familiar, repetitious and ubiquitous story," Carter began our phone conversation. "Corporate executives arrive with the promise of hundreds of jobs starting at $75,000 a year, although only a fraction of these ever materialize. A government that's become too lax with short-term 1980's thinking and political donations. Different engineering and other firms come and go. One designs, another builds or monitors. People with no attachment to community fly out every weekend, particularly when there are problems and the cleanup bill becomes due, as if real cleanup were affordable or possible.

"It's inevitable, even without failed tailings ponds, airborne pollutants or ruined aquifers. All that's left when mines runs out is a toxic cocktail for people who had previously managed to get by for generations. I've been to lots of mining communities, but never a truly happy one."

In 2000, Bill Carter lived in Bisbee, Arizona, an old mining town that, at one time, was the biggest city between St. Louis and Los Angeles. Home to the third largest copper pit in the world by the time the mine had closed 25 years earlier, "It becomes part of your life, just another landmark you learn to ignore. And it was a much different place, attracting lots of eccentric and creative people who wanted to get away from suburbia," he reported.

Like many good stories, it begins in the writer's backyard. "I'm a big gardener so I started tearing up our property to grow vegetables," Carter recalled." My wife was nine-months pregnant and worried about contamination. And I couldn't get my two year-old daughter to eat salads. But I proudly ate everything I picked until I got violently sick, with constant pounding headaches, nausea and vomiting. Turns out our soil had really high levels of arsenic, lead and other heavy metals."

Copper has quite a history, a key to the success of Egyptian and Roman empires, which protected the ships of explorers like Columbus from rot. With the discovery of electricity, it led to fortunes for Randolph Hearst, the Guggenheim family and their pal J.P. Morgan and looms large in the list of assets of contemporary Fortune 500 firms.

"Anything with electrical elements has copper inside, hidden, so you don't see or touch it," Carter continued. "The average house contains 400 pounds of copper; a 747 uses 135 miles of copper wiring; eight-story buildings require 15 to 20 tons of copper. China builds a new city the size of Chicago every year. Do the math.

Copper is the most toxic form of metal mining and in 2,000 it was estimated there were about 3,500 active tailings impoundments in the world. Along with the permanent damage, a question remains whether we can control our insatiable appetite for this critical element in order to protect the people and natural resources that make life on Earth worth living, enriching shareholders of corporate mining giants while impoverishing everyone else."

From Arizona, back to Egypt and forward to Alaska's Bristol Bay, through boardrooms in London and New York, to ravaged mountains in Indonesia and South America, Carter's book details the implications of copper extraction for communities, connecting dots from his humble garden plot, while confronting the vital, miraculous, but contradictory, resource causing horrendous and irrevocable damage.

"I'm not questioning anyone's expertise or PhD," says Carter. "But it is the nature of the beast, we're human beings and we screw up. That's what we do. A drunk caused the Exxon Valdez mess. Mining is out of control in the US, but Canada has become a real mystery. We think of you as good neighbours, with an expansive landscape of great beauty, but also with a legacy of resource extraction. And you now seem to have gone all-in – in mining it's called 'wildcatting' – 90 to 95% of new mining in North American markets is connected to Canadians."

Carter has concluded: "There's a lot of places to get copper; we don't have to destroy ourselves by moving dangerously closer to lakes and major populations. We need copper to run the world, but we also need a deeper understanding of the trade-offs we're making between minerals and the really important things like food and water. On a very practical level, we have to pay attention and create new mining laws and oversight. We can't continue to allow companies, including foreign companies, to steal the wealth and walk away. That's insanity."

It would take a monastic effort to live without copper. So, to some degree, we are all complicit in Mount Polley. It happened on our watch and we can't kick the can or the cancer down the road, We can no longer afford – if indeed there ever was a time we could afford – such recklessness.

In the meantime, Mount Polley is a global example of what can go terribly wrong. Another example is the massive Pebble Mine proposed in nearby Alaska, which would impact another irreplaceable fishery. It is currently in hearings.

Finally, word from Stephens Harper's government – with a goal for our country as the greatest exploiter and exporter of raw natural resources – in the form of a warning from the Canadian Nuclear Safety Commission: the tailings could contain significant concentrations of radioactive elements such as thorium-230 and radium-226, along with elements produced by their radioactive decay.

The Canadian Nuclear Safety Commission regulates uranium mines and mills, including their waste. In a news release, it said it sent a letter to seven companies that operate uranium tailings ponds in Ontario and Saskatchewan. The letter, dated August 14, included: "The recent tailings dam breach that occurred at the Mt. Polley mine in British Columbia has raised awareness of issues associated with tailings impoundments. This is a reminder that vigilance must be maintained by ensuring that tailings dams continue to be properly designed, constructed, operated, maintained and monitored to prevent such occurrences."

We are, indeed, now caught between a rock and a hard place.

Bill Carter is Assistant Professor of Practice at Northern Arizona University in Flagstaff, Arizona.

Boom, Bust, Boom is published by Schaffner Press.
Visit www.boombustboombook.com/books

International College of Traditional Chinese Medicine of Vancouver

A Rewarding Career in Natural Health Care

Over 28 years of excellence in TCM Education

Diploma programs Start September 2, 2014
Doctor of TCM
Licensed TCMP
Acupuncturist
TCM Herbalist

Very high passing rates in CTCMA Board Exams

Eligible for HRSDC Funding and Student Loans
We accept transfer credits

Chinese Tui Na Massage Short Term Certificate

Chinese Tui Na Certificate Program offered in both English and Mandarin starts in fall 2014

Acupuncture Program in Chinese Class Also Available

CLINIC OPEN TO PUBLIC
Free consultation
Very Low Cost on Treatments

Professional Clinic
Dr. Henry Lu Ph.D.
Dr. Laina Ho Dr. TCM

We treat pain, gynecological disorders, allergies, arthritis, depression, other chronic conditions and much more.

FREE info sessions
Thursdays 2 - 4 pm
September 4, 11, 18 & 25

Call 604-731-2926
info@tcmcollege.com
www.tcmcollege.com

201-1508 W. Broadway
Vancouver, BC. V6J 1W8

Datebook Events

For rates & placements email
datebook@commonground.ca

SEPT 5-7
Introduction to Hand Reflexology commences Certificate Weekend Training Course. Friday Introduction 7:30PM $10; Course $395 + GST. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

SEPT 10
Free NLP Class: RSVP (604) 442-8657, www.TherapeuticNLP.com 6:30-9:30:PM, 4405 West 8th Avenue. Be the change – Learn NLP. Basic NLP Practice and Certification Starts Nov 22. With Tracy Joy, Founder of NLP Vancouver.

SEPT 10-14
Relationship Rescue with Colette & Marc – "It is all about you!" Experience life transforming information and easy to use tools to shift your reality and attract better relationships. You will be able to take any problem that you have and instantly change it into a possibility. Colette Marie Stefan and Marc Kettenbach will lead you to a Relationship Rescue and help you live your authentic desires! Come to our "Energetic Upgrade" Free Demos in Vancouver Wednesday or Thursday night and then the full workshop Friday, Saturday, and Sunday. For more info, visit www.energeticupgrade.com or email info@thetruthisfunny.com

SEPT 11 & OCT TBA
Free Shamanic Power Initiation & Open House hosted by the Institute of Shamanic Medicine. In Vancouver. Theme: Dreaming Initiation. RSVP to info@shamanicmedicine.ca or call 778-227-2939. www.shamanicmedicine.ca

SEPT 12-14
VegFest on Galiano Island: If you're vegan, or veg-curious join us! Free (or by donation) except Saturday's $60 wine & cheese fundraiser. Info: www.perfectretreat.com, galianovegfest2014@gmail.com, 250-888-3151.

SEPT 13-14
Soul Healing Business Workshop: Saturday-Sunday, 10AM-8PM, $55 each day at Master Sha's LPH Centre, 1280 Odlum Drive, Vancouver. www.MasterShaSoulHealingCentreVancouver.com

SEPT 25-OCT 10
Vancouver International Film Festival. 350 films. Sept 4: VIFF tickets on sale online only. Sept 13-24: In person sales start at the Box Office, 1181 Seymour St. (Noon - 7PM). www.viff.org

SEPT 26-28
Indian Head Massage Weekend Workshop with Susan Allen. Course fee: $395 + GST. Includes course manual, audio CD and confirmation of attendance. Practicum optional. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

SEPT 26-28 & OCT 3-5
"Bodymeditation & Krishnamurti" yoga retreat with Oda Lindner. Oct 3-5: A Glimpse of Total Freedom a dialogue retreat with Richard Waxberg & Deborah Kerner. Both events at Swanwick Centre, near Victoria. To register for either event, email swanwick@shaw.ca or call 250-744-3354. www.swanwickcentre.ca

SEPT 26-29
Spa Package / B&B Squamish Valley: Massage, Light Therapy, Far Infrared Sauna, Steambath, therapeutic footbath, nutritional analysis. 604-729-3120, archerinmountains@gmail.com www.eaglevalleyretreat.com

SEPT 27
Discover Your Goddess Archetype: A Shamanic Workshop for Women. In Vancouver, 1:30PM, $40. Shamanic journeying, creativity, & more. With Shamanic Practitioner Sonya Weir, www.eaglefireshamaniccoaching.com Email sonyaweir@uniserve.com to register or call 778-227-2939.

SEPT 27
Quartête à Tête's CD Release with Lynn McGown, Michael Pratt, Vanessa Kay and Michael Viens. At St. James Hall, 3214 West 10th Ave, Kitsilano. Door 7PM, show 8PM. $22 or $18/Rogue Folk Club members. Tickets through Rogue Folk Club or Celtic Traditions, 3721 West 10th Ave. 604-222-2299.

SEPT 27-28
Soul Healing For Loving and Harmonious Relationship Workshop: Saturday-Sunday, 10AM-6PM, $55 each day at Master Sha's LPH Centre, 1280 Odlum Drive, Vancouver. www.MasterShaSoulHealingCentreVancouver.com

SEPT 28
School Surveillance & Mental Health with Rob Vipond, investigative reporter, and Micheal Vonn, BC Civil Liberties. 7PM, Unitarian Church, 49th & Oak. 604-872-7911.

SEPT 28
Word Vancouver: A free festival of reading & writing. Library Square, 11AM-5PM. More events Sept. 24-27 at Banyen Books, Christianne's Lyceum, The Cottage Bistro, Joy Kogawa House, The Paper Hound, SFU Harbour Centre & Vancouver Public Library. Info: www.wordvancouver.ca

OCT 2-7
Indigenous Dreaming & The Medicine Wheel. Explore shamanic dreaming, power and medicine wheel teachings with 2 Master teachers. www.enterthedreaming.com or call 778 840 7738.

OCT 3-5
Introduction to Foot Reflexology commences Certificate Weekend Training Course. Friday Introduction 7:30PM $10; Course $395 + GST. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

OCT 4-5
Sally Fallon, author of the best-selling Nourishing Traditions preseents live in Victoria, Market Square, 9AM-5PM both days. Sat: Nourishing Traditional Diets. Sun: The Oiling of America & Sally's own health secrets. Info: Pacific Rim College, 250-483-2119 or 1-866-890-6082.

OCT 5
Dreamhealer Workshop with Dr. Adam McLeod, ND – in Vancouver. Experience two unique group energy healing sessions with Adam, international author, speaker and First Nations healer. Maximize your own healing potential as you learn techniques to focus your intentions embracing self-empowerment. More than 40% of participants are healers incorporating these skills into their practices. See ad on page 3. ALL REGISTRATION online: www.dreamhealer.com

OCT 17-21
The Reconnection with Dr. Eric Pearl in Vancouver. Reconnective Healing seminars & certified practitioner programs, Levels I & II. Register online at www.TheReconnection.com

OCT 24-26
The Body Soul & Spirit Expo: Three days of inspiring exhibits, lectures, workshops, concert & more. Featuring Lynn Andrews, Anthony Stephan & Dr. Linda Backman. PNE Forum (Hastings & Renfrew). Fri 3-9PM, Sat 10AM-7PM, Sun 11AM-6PM. Tickets www.bodysoulspiritexpo.com 1-877-560-6830.

NOV 15
Open House - Institute of Holistic Nutrition (Vancouver): Course/Career opportunities, exhibits, lectures & more. 10AM-3:30PM, 604 West Broadway, Ste. 300. 604-558-4000, Lecture descriptions at www.instituteofholisticnutrition.com

DEC 6-7
Become a Certified Life Coach or Executive Coach: This 2-day intensive will teach you everything you need to know to succeed. Only Certified Coaches Federation graduates earn the esteemed Certified Life Coach Practitioner designations. Sylvia Hotel, Vancouver. 866-455-2155 or 403-389-1190. www.certifiedcoachesfederation.com

ONGOING

Jyoti Meditation (Meditation on the Inner Light) in Richmond and Vancouver. Science of Spirituality offers weekly programs and monthly classes, workshops and retreats under the guidance of Sant Rajinder Singh Ji Maharaj. Always FREE. For info call Linda, 604-985-5840.

Pranic Healing: learn how Prana (life force) can be used to accelerate the healing of your body, mind and life. www.healingwithprana.com, healingwithprana@gmail.com

Do you constantly struggle to get more clients? Are you stressed about not paying your bills on time? Are the creditors chasing you? Join me for a 3-part series on applying the Law of Attraction to your business to ensure Faster and more Consistent results. Next course starts soon. Call or email for details. Jackie Maclean: 604-551-4986 or info@ThePowerWithin.ca

Classified

For rates & placements email classifieds@commonground.ca

BUSINESS OPPORTUNITIES

CONSIDER PHILANTHROPY AS AN ENTREPRENEURIAL career path. "The fragrance always remains in the hand that gives the rose." (Gandhi) www.360prosperity.com, http://www.3cflow.com/ Colin, (604) 780-0686.

COMMUNICATION

TROUBLE COMMUNICATING? WE PROVIDE you with tools to transform your life! Interactive Fun Workshop: www.communicationblueprint.ca Laura: 604-716-5960 | Colette: 778-386-2150.

KITSILANO COMMUNITY ACUPUNCTURE

SLIDING SCALE $20-$40. You pay what you can afford. 2948 W. Broadway, Vancouver. 604-428-1260, www.kitscommunityacupuncture.ca

MASSAGE - RELAXATION

www.RelaxationMassageVancouver.com JIWAN FROM NEPAL. Vancouver School of Bodywork and Massage-trained. West End. 604-789-0857.

RESEARCH PARTICIPANTS NEEDED

STUDY ON COUNSELLING EXPERIENCES THAT INCLUDED YOGA. Looking for psychotherapy clients to describe their experience. Samantha: 604-992-4451, sbeveridge@live.ca

RETREATS

AN OASIS FOR YOUR SPIRITUAL JOURNEY: Krishnamurti Educational Centre of Canada. Beautiful oceanfront setting near Victoria. Info: www.krishnamurti-canada.ca or 250-744-3354.

THE HERMITAGE RETREAT CENTRE: Meditation & Yoga retreats May to Sept. Location: 60-acre organic farm on Denman Island. 250-335-3377, www.thehermitage.ca

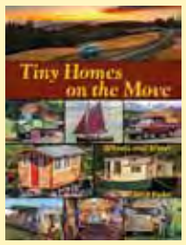
ROOMS FOR RENT

OFFICE/CONSULTING/HEALING ROOM for rent in Natural Healing Centre near Broadway/Cambie Skytrain station. Very reasonable rent, full-time or part-time. Pacific Institute of Reflexology. (604) 875-8818.

SHAMANIC HEALING

SHAMANIC HEALING AND COACHING: Relationships, work, emotional balance, finding meaning and purpose, rediscovering joy. One-on-one/groups – Drum journeys, Akashic readings, chakra balancing, karma releasing. See testimonials on website. sonyaweir@uniserve.com 778-227-2939. www.eaglefireshamaniccoaching.com

BANYEN books & sound



Lloyd Kahn
Tiny Homes on the Move
Mon, September 22 7:00pm
Free at VPL, Central Branch

Eight Step Recovery
Valerie Mason-John, PhD
Eight Step Recovery
Buddha's Teachings to Overcome Addiction
Thurs, October 9 6:30-8pm
Free Talk at Banyen Books
banyen.com 604-737-8858

THE LOVE OF ONE
Healing Our World
with the
Light and Power of The Source
September 21, 6pm
Fraser Ballroom, Holiday Inn Metrotown
4405 Central Boulevard, Burnaby
www.brahmakumaris.org/canada
info: 604-436-4795
BRAHMA KUMARIS
FREE Admission

jack hirose & ASSOCIATES INC.
Quality workshops & community resources

MENTAL HEALTH & EDUCATION WORKSHOPS

TRAUMA & RESILIENCE
A Life Span Perspective
• Don Meichenbaum, PH.D.
Vancouver | November 6, 2014

ANGER & AGGRESSIVE BEHAVIOUR
A Life Span Perspective
• Don Meichenbaum, PH.D.
Vancouver | November 7, 2014

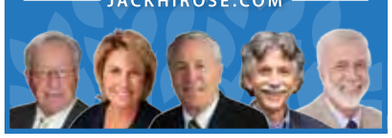
PRACTICAL BRAIN-BASED INTERVENTIONS FOR CHILDREN AND ADOLESCENTS
• Lynne Kenney, PSY.D.
Vancouver | November 13, 2014

NEURODIVERSITY IN THE CLASSROOM
Strength-Based Strategies to Help Students with Learning Disabilities Succeed in School and in Life
• Thomas Armstrong, PH.D.
Vancouver | November 14, 2014

THE POWER OF MINDFULNESS
Inside & Outside the Therapy Hour
• Ron Siegel, PSY.D.
Vancouver | December 1-2, 2014

25 ADVANCED STRATEGIES TO PROMOTE POSITIVE EMOTIONAL HABITS
A Workshop for a Broad Range of Professionals in Clinical and Non-Clinical Settings
• John Preston, PSY.D.
Vancouver | December 3, 2014
Victoria | December 4, 2014

FOR INFORMATION AND REGISTRATION
JACKHIROSE.COM



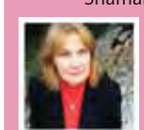
Bring this ad for FREE entry!
$20 @ DOOR

Growing Up:
How Taking Responsibility Leads to Happiness
with Catherine O'Kane
Wed. Oct 1
7:30 pm - 9 pm
Location: 'The Sanctuary'
949 – 49th Avenue West
Clearmind.com

EAST IS EAST
LIVE MUSIC AT MAIN
4433 MAIN ST
(@ 28TH)

THURSDAY ~ GYPSY MUSIC
FRIDAY ~ PERSIAN AND FUSION
SATURDAY ~ FLAMENCO
WWW.EASTISEAST.CA

Discover Your
Goddess Archetype
A Shamanic Workshop for Women
Saturday, Sep. 27, 1:30pm
VANCOUVER
Shamanic Journeying,
Dance, Creativity & More
An exploration of Your Inner Divine Feminine Through a Shamanic-based Approach



COST: $40
To register, email:
sonyaweir@uniserve.com
Or call:
Sonya (778) 227-2939
www.eaglefireshamaniccoaching.com

NON-TOXIC DRYCLEANING
helpinghand CLEANERS
Water-based cleaning
No perchloroethylene
4050 Cambie St @ 25th
www.helpinghandcleaners.com
for cleaning pickup call:
604-876-5399
steps away from King Edward Skytrain Stn!

Holistic Counselling & Psychotherapy
www.shannonwatson.ca

Grief and Loss
Spiritual Issues
Transition
Overwhelm
Depression
Post-Depression
Guilt and Shame
Anxiety

Shannon Watson
MA(Fr), RTC

778.558.8650 Text or call
cshannonw@gmail.com

VIFF
SEPTEMBER 25 – OCTOBER 10, 2014
VANCOUVER INTERNATIONAL
FILM FESTIVAL
ROGERS Fidelity TELEFILM CANADA

The Pristine Coast (Canada, 110 mins)
Wild fish populations in BC have been declining since the late 70s, roughly the same time the open net fish farm industry began to grow fish in marine waters. Focussing on the research of biologist Alexandra Morton, filmmaker Scott Renyard links the crash of many fish species on Canada's West coast to diseases spread from fish farms in this persuasive and urgent call to action.

PROUDLY SPONSORED BY
common ground

TICKETS
Adult **$13**
Weekday Matinee **$11**
Student Post Secondary **$11**
Senior 65+ **$11**
VIFF MEMBERSHIP **$2**

PACKAGES
5 Ticket Pack **$60**
5 Ticket Pack Student**$50**
5 Ticket Pack Senior **$50**
12 Ticket Pack **$144**
20 Ticket Pack **$220**
30 Ticket Pack **$300**

PASSES
Weekday Matinee **$175**
Student & Senior **$325**
Festival **$400**
Platinum **$900**

Sept. 4th tickets on sale online. From Sept. 13th - Sept. 24th. in person sales at Vancity Theatre Noon - 7pm.

TICKETS & INFO • VIFF.ORG

by Elizabeth Murphy

Developer-funded elections conflict Vancouver City Hall

The City of Vancouver's civic election campaigns are predominately financed by corporate developers. Vision Vancouver has become the party with more developer funding than any other. This has been reflected in the policies implemented in Vision's two-term majority. Vision most recently has approved a record $1.12 billion in development permits for the first half of 2014.

Civic elections hark back to the wild west here in Vancouver. The very developers who depend on city council to approve rezoning applications are the most generous donors to election campaigns. This breeds conflict of interest.

The *Province* reported on March 7, 2014 that real estate marketer/developer Bob Rennie held a Vision fundraiser lunch for the mayor with 50 development industry professionals at a $25,000 suggested donation per seat .

On October 25, 2011, weeks before the 2011 civic election, Ian Gillespie, president of Westbank Projects Corp., held a Vision party fundraiser attended by numerous developers and architects. At a public hearing a week earlier, the Vision-dominated Vancouver City Council approved Westbank's massive one-million-square-foot Telus Garden development, which covers a full city block downtown bounded by West Georgia, Richards, Robson and Seymour streets.

> Homelessness has tripled under Vision due mainly to displacement of lower income residents by development pressures.

Among many other massive spot rezonings over this term, Vision has approved Westbank's Oakridge Mall with 13 towers of up to 45 storeys. The twisty tower at the north end of the Granville Bridge was approved this spring. Westbank and other favoured developers are all getting their projects approved at a record pace as whole neighbourhoods are being rezoned over community objections. Heritage and character buildings are being demolished at an all-time record of over 1,000 demolitions in 2013, which will likely be exceeded in 2014.

Vision has by far overtaken the NPA as the new developers' party. However, one developer/fundraiser, Rob Macdonald, made a major donation of close to one million dollars to the NPA in the last election. Rob Macdonald has recently resigned from the NPA board.

The results have been that Vision's developer partners have dominated the city's agenda so Vision's stated election platform has not been achieved and likely never will under this regime.

Housing affordability is falling more out of reach for the average person under Vision's watch while they accept $25,000 per seat lunch donations. However, Vision has now redefined affordable housing to mean "whatever someone can afford." New development is always more expensive and less affordable than the existing older comparable stock, whether built for rent or for sale. But the older stock is being demolished rather than improved, to be replaced by expensive new construction.

Homelessness has tripled under Vision due mainly to displacement of lower income residents by development pressures. The 14 sites of affordable housing that Vision has been depending on to house the homeless were initiated by the NPA before Vision had their majority on council and are still not completed. Ending homelessness was originally an NPA goal and is failing under Vision.

The Greenest City policy has resulted in increasing the city's ecological footprint rather than reducing it. Professional planning process is being swept aside to fasttrack the glass and concrete towers the development industry favours, which are the least energy efficient form of development possible. To avoid creating a concrete jungle and heat island, we need to consider limits to growth.

Bike lanes are not Vision's initiative as they have been part of the city's transportation plan since 1995. However, the city has implemented this policy poorly without adequate – if any – involvement of those affected.

Cultural venues are also being lost, such as the Ridge Theatre and bowling alley, Pantages, Hollywood, Varsity, Granville 7 and Playhouse theatres; music and entertainment venues such as the Starfish Room, Richards on Richards and Maxine's; community space of St. John's Church on Comox, and the list goes on. Cultural uses need old buildings since they are generally the most affordable, but often threatened by development.

If Vision's policies are allowed to continue over the next term, which has now been extended from three years to four years, it would result in massive damage to our city.

We need real green policies rather than new expensive housing and promises of affordable housing in some distant future at the cost of losing our existing more affordable older housing stock. We, at least, should be protecting this older stock with adaptive reuse, secondary suites, multifamily conversions, infill and appropriate incremental development over time that doesn't put existing affordability at risk while other housing options are explored.

We need policies that benefit the majority of people – we don't need policies that benefit a few select developers who fund election campaigns.

Elizabeth Murphy is a private sector project manager and a former Property Development Officer for the City of Vancouver's Housing & Properties Department and for BC Housing. info@elizabethmurphy.ca, www.elizabethmurphy.ca

KAIZEN

VEGAN PROTEIN
FROM 5 PLANT SOURCES

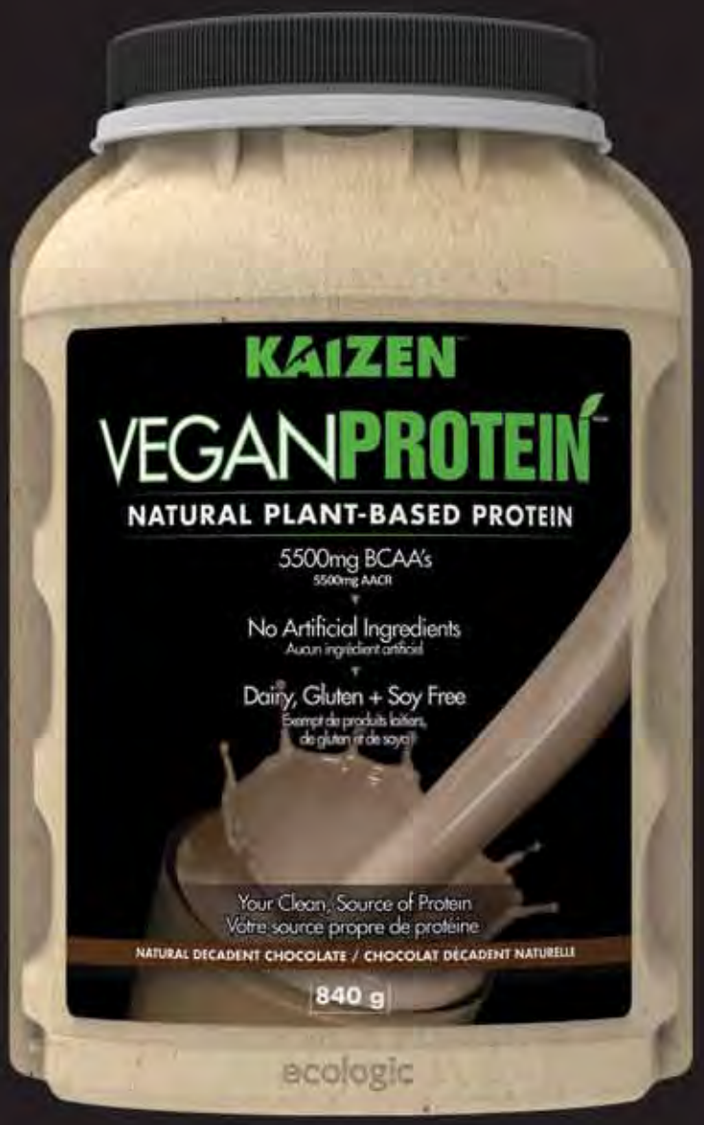
VEGAN PROTEIN FROM YELLOW PEA, RICE, HEMP, POTATO, & CHIA

NO ARTIFICIAL FLAVOURS
NO ARTIFICIAL SWEETENERS
NO ARTIFICIAL COLOURS

- Great Tasting, Easy-Mixing Vegan Protein
- World's First Compostable Container
- 5500 mg of Branched Chain Amino Acids
- Tested for Heavy Metal Toxicity
- Tested for Herbicide & Pesticide Residue
- Perfect for Dairy/Lactose Sensitivities
- Now Sweetened with Organic Stevia

alive AWARDS Consumers' Choice 2013 GOLD

Consumers' Choice
Fitness & Weight Management Product



Find Kaizen Proteins at these fine retailers or for more information go to : **www.kaizencanada.com**

Superstore · Loblaws · Thrifty Foods · GNC Live Well · Whole Foods · Nature's Emporium · Healthy Planet · Lifestyle · Ambrosia

This is *YOUR* time.

Claim it...

We're redefining the meaning of menopause

Men·o·pause: *noun.*
A joyous metamorphosis.
Becoming a wiser, more complete version of yourself.
Celebrating your freedom.

MENOPAUSE **RELIEF**

- **Halts hot flashes and night sweats**
- **Regulates mood**
- **Enhances skin youthfulness**
- **Ameliorates stress**
- **Naturally balances hormones***
- **Enhances libido**

*Does **not** contain soy, cohosh or other ingredients associated with possible increased risk for the female system.

GF Gluten-free Vegan GMO Non-GMO

Brought to you by
Purica®
the makers of
RECOVERY®

PURICA®
purica.com